BEST FOR SPORT, SKY & STREAMING

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1-7 MARCH 2025

TV & Satellite week

TV TO GET EXCITED ABOUT!

NEW

A Cruel Love

Lucy Boynton plays Ruth Ellis in the tragic murder case

England/ Wales issue 09/498

NEW

TOWARDS ZERO

Anjelica Huston in an Agatha Christie whodunnit

EXCLUSIVE

DAREDEVIL: BORN AGAIN

Charlie Cox on the blind Marvel hero's all-action return

HotList This week's 28

Saturday 1

FA Cup
FOOTBALL *BBC1, ITV4 & BBC iPlayer*
As the fifth round continues, today's action includes Man City v Championship side Plymouth Argyle (ITV4, k-o 5.45pm), who gave us the shock of the tournament so far by eliminating Liverpool. *See Sport Week, p28*

BRIT Awards
AWARDS *ITV1, 8.15pm*
Jack Whitehall (above) hosts the annual music awards show from London's O2, where pop powerhouse Sabrina Carpenter will perform and also receive the prestigious Global Success gong.

The One That Got Away
CRIME DRAMA *BBC4, 9pm & 9.50pm (box set, BBC iPlayer)*
Thriller with Elen Rhys as cop Ffion Lloyd, who has to team up with her ex, Rick Sheldon (Richard Harrington), to investigate a murder.
● ***Previously shown on iPlayer as Cleddau***

Super League
RUGBY LEAGUE *Sky Sports Main Event/ Action, Sky Mix & Sky Showcase, k-o 9.30pm*
Wigan Warriors, reigning Super League champions, switch their home league game against Warrington Wolves to the lights of Las Vegas for this historic fixture.

■ Full listings start on **p35**

Sunday 2

The Americas
WILDLIFE *BBC1, 6.30pm*
Hollywood's Tom Hanks narrates this epic nature docuseries that has been years in the making, capturing stunning footage of the wildlife of North and South America. *See Documentaries, page 20*

Towards Zero
DRAMA *BBC1, 9pm (box set, BBC iPlayer)*
Three-part adaptation of Agatha Christie's classic whodunnit, starring Oliver Jackson-Cohen and Ella Lily Hyland (both pictured) in a tale of murder and intrigue. Anjelica Huston co-stars. *See feature, page 8*

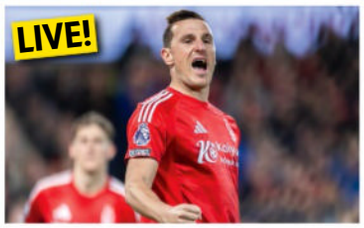
The Bay
CRIME DRAMA *ITV1, 9pm (box set, ITVX)*
Marsha Thomason returns as family liaison officer DS Jenn Townsend for a fifth season of the crime drama – this time centred around the murder of a young woman. Continues to Tuesday. *See feature, page 6*

Oscars
AWARDS *ITV1, 10.30pm*
Jonathan Ross (above) is joined by guests as he presents coverage of the 97th Academy Awards, where *Emilia Pérez* leads the way with 13 nominations, including Best Picture. *See feature, p11*

■ Full listings start on **p45**

Monday 3

Recipes for Love and Murder
DRAMA *Acorn TV*
Maria Doyle Kennedy (above) returns in the South Africa-set murder-mystery series, and the heat is on when a massive fire engulfs the town of Eden.



FA Cup
FOOTBALL *ITV4, kick-off 7.30pm*
The final fixture in the last 16 is Nottingham Forest v Ipswich. A penalty by Chris Wood (above) gave Forest a 1-0 win when the teams last met in the Premier League in November. *See Sport Week, page 28*

Married at First Sight Australia
REALITY *E4, 9pm*
John Aiken, Mel Schilling and Alessandra Rampolla return for a 12th series of the reality show in which singletons walk down the aisle with strangers. Continues to Thursday.

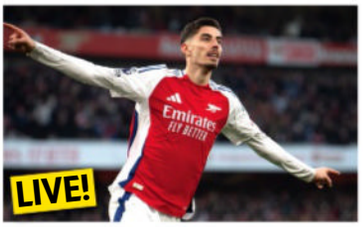
Ramses the Great: King of Ancient Egypt
DOCUMENTARY *Sky History, 9pm*
This six-part series charts the remarkable life and reign of the pharaoh who managed to turn a fallen empire into one of the most powerful realms of all time.

■ Full listings start on **p55**

Tuesday 4

With Love, Meghan
FACTUAL *Netflix*
Lifestyle series featuring the Duchess of Sussex (above) blending practical how-to tips on cooking, gardening and hosting with candid footage with friends old and new. *See Your Watchlist, page 16*

Fear
THRILLER *Prime Video*
Anjli Mohindra and Martin Compston star in this psychological thriller as a couple pushed to breaking point by allegations of child abuse when they relocate from London to Glasgow. *See Your Watchlist, page 17*



Champions League
FOOTBALL *TNT Sports*
As the tournament continues, the knockout phase begins tonight and tomorrow, with teams still in the running for the title including Arsenal, Real Madrid and PSG.

The Covid Queue at Pavilion 6
DOCUMENTARY *BBC4, 10pm*
Five years after the world was hit by the Covid-19 pandemic, this *Storyville* film captures a snapshot of life at a vaccination centre in Croatia.

■ Full listings start on **p65**

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Wednesday 5

Daredevil: Born Again

***SUPERHERO DRAMA** Disney+*

Charlie Cox (above) returns as blind lawyer Matt Murdock/Daredevil, fighting for justice in NYC, while ex-crime boss Wilson Fisk (Vincent D'Onofrio) campaigns as mayor. *See Your Watchlist, page 14*

A Cruel Love: The Ruth Ellis Story

***DRAMA** ITV1, 9pm (box set, ITVX)*

Lucy Boynton stars in the tragic story of Ruth Ellis, who, in 1955, was the last woman to be executed in the UK, for murdering her lover. *See feature, page 4*

Rob Beckett's Smart TV

***ENTERTAINMENT** Sky Max & Sky Showcase, 9pm*

Rob Beckett is back with Alison Hammond and Josh Widdicombe for another series of the fun panel show. Tonight's guests include Danny Dyer. *See feature, page 12*

Miss Scarlet

***CRIME DRAMA** U&Alibi, 9pm (box set, Sky Box Sets, NOW & Virgin TV Box Sets)*

With The Duke gone, Eliza Scarlet (Kate Phillips, above) has to forge a working relationship with new cop Alexander Blake (Tom Durant Pritchard). *See feature, p12*

■ Full listings start on **p75**

Thursday 6

Picture This

***ROMANTIC COMEDY** Prime Video*

Simone Ashley (above) stars as in this romcom as Pia, whose life is thrown into chaos when her family arrange blind dates for her, just as her ex Charlie (*After*'s Hero Fiennes Tiffin) reappears.

Crufts

***FACTUAL** C4 & More4, from 3pm*

Clare Balding (above) is in Birmingham to present coverage of the world's greatest dog show. The opening day features judging of the terrier and hound groups, plus flyball action. Continues tomorrow.

European Indoor Championships

***ATHLETICS** BBC2 & BBC3, from 5pm*

Coverage of the four-day event from Apeldoorn in the Netherlands. Today's events include the mixed 4x400m relay final. Continues tomorrow.

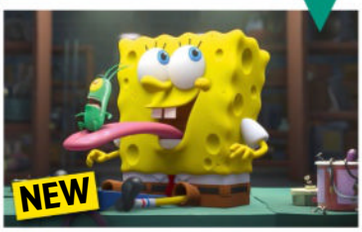
The Undercover Police Scandal: Love and Lies Exposed

***DOCUMENTARY** ITV1, 9pm (box set, ITVX)*

Exposé in which five women talk about how they were deceived into relationships with undercover police officers.

■ Full listings start on **p85**

Friday 7



Plankton: The Movie

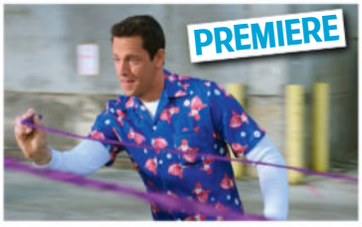
***ANIMATION** Netflix*

Animated comedy set in the world of *SpongeBob SquarePants*. SpongeBob's frenemy Plankton finds himself at the centre of the story when he has to save Bikini Bottom from an unexpected danger.

Chaos: The Manson Murders

***DOCUMENTARY** Netflix*

Documentary delving into the complex case of the Manson Family murders, challenging official accounts of the most infamous killing spree of the 1960s, which included the murder of actor Sharon Tate.



Harold and the Purple Crayon

***FANTASY COMEDY** Sky Premiere, 8.55am & 6.20pm*

A storybook character with a magic crayon that can bring anything to life finds himself in the real world. *See review, p24*

Boxing: Harlem Eubank v Tyrone McKenna

***BOXING** Channel 5, 9pm*

Live from Brighton, Chris Eubank's nephew Harlem Eubank takes on Irishman Tyrone McKenna for the vacant IBF Intercontinental Welterweight title.

■ Full listings start on **p95**

1-7 MARCH 2025

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DEADLY *romance*

Lucy Boynton heads up a star-studded drama about the notorious Ruth Ellis murder case

NEW DRAMA

A Cruel Love: The Ruth Ellis Story

Wednesday, 9pm, ITV1 (box set, ITVX)

The execution of Ruth Ellis in 1955 for the murder of her abusive lover David Blakely shocked the nation and became one of the most notorious cases in our judicial history.

Now, almost 70 years on, ITV1's four-part drama *A Cruel Love: The Ruth Ellis Story* takes a fresh look at the controversial case in which Ellis, played by Lucy Boynton, became the last woman to be hanged in Britain.

'Ruth was 28 and David was 25 and there was an emotive response from people to the case,' says Boynton, 31, whose credits include *The Ipcress File* and *Bohemian Rhapsody*.

'Some people felt she should be hanged because they worried other women would want to stand up for themselves. But the appetite for capital punishment had diminished, so others knew this was barbaric.'

Based on Carol Ann Lee's factual book *A Fine Day for a Hanging: The Real Ruth Ellis Story*, the series begins when ambitious Ellis is trying to overcome her difficult upbringing and past relationships as she takes over the running of Knightsbridge's Little Club and becomes the youngest nightclub manager in London. She soon attracts the attention of besotted ex-RAF pilot Desmond Cussen (Mark Stanley) and upper-crust racing driver David Blakely (Laurie Davidson).

'Ruth is contradictory, electric and this absolute force who has gone after a big, bright life for herself,' shares Boynton. 'There's chemistry between her and David and a magnetism that keeps drawing them back. They're both incredibly intense.'

Stars Laurie Davidson and Lucy Boynton

However, the torrid and toxic romance comes to a shocking and violent conclusion when Ellis shoots Blakely dead outside The Magdala pub in Hampstead – and following her arrest and confession to the police, she heads to trial at the Old Bailey…

ON TRIAL

Unlike 1985 film *Dance with a Stranger*, which starred Miranda Richardson, and which focused solely on the lead-up to the murder, *A Cruel Love* also examines its aftermath and the fight to save Ellis from the gallows.

Toby Jones plays dogged solicitor John Bickford, who is convinced there is more to the case and is intrigued by the complex love triangle between Ellis, Blakely and Cussen. He becomes increasingly desperate to expose the truth about how she obtained the gun and whether Cussen was involved.

Bickford also hopes that the abuse that Ellis suffered could be used as her defence, but she seems unwilling to speak out and save her own neck.

'It was Bickford's job to find mitigating circumstances. He struggled, though, because Ruth kept saying she was guilty and she wouldn't use Blakely's domestic violence as mitigation until it was too late,' reveals *Mr Bates Vs The Post Office* star Jones, 58.

As the case comes to trial, Nigel Havers plays his real-life grandfather, Justice Cecil Havers, the presiding judge, who must decide if Ellis should face the death penalty.

'Bickford remained tortured by the fact that he wasn't able to save Ruth,' says Jones. 'There's footage of him in the 1970s and he was still haunted by the case and what he hadn't been able to do.'

The drama also spotlights repressive post-war attitudes towards women and explores the idea that Ellis' status as a single mother and her glamorous looks led to her being judged for far more than just her crime.

'In the 1950s, there was a traditionalism that contributed to how the world expected Ruth to be. The way she behaved was a rebellion against the way a woman was told she ought to behave,' says Boynton.

'She was made an example of, because of everything that she represented. But this drama is an in-depth look at Ruth, not as hero or villain, just as a person.'

Davidson and Boynton as Blakely and Ellis

WORDS: CAREN CLARK. PHOTOS: GETTY/ITV

THE REAL RUTH ELLIS

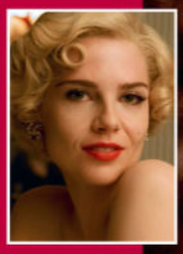
Ruth Neilson was born in Rhyl, North Wales, in 1926 and, after a series of troubled relationships, including a failed marriage to dentist George Ellis, she found herself at the heart of London's glitzy nightlife as a club hostess. On the night of 10 April 1955 – Easter Sunday – she tracked down her lover David Blakely at The Magdala pub in Hampstead, where she shot him dead in the street.

Her murder trial lasted less than two days, with the jury taking 14 minutes to reach their verdict and the death sentence passed. Despite petitions for her reprieve, on 13 July, she was executed by hangman Albert Pierrepoint at London's Holloway Prison. The case helped pave the way to the abolition of the death penalty for murder in 1969. But an appeal to overturn her conviction was rejected in 2003.

The real David Blakely and Ruth Ellis in 1955

WHO'S WHO

Ruth Ellis
Lucy Boynton



The nightclub manager becomes embroiled in a torrid romance that leads to her arrest for a shocking crime.

David Blakely
Laurie Davidson

Ellis' lover is charming but abusive and the relationship ends in tragedy for them both after he's shot dead in the street.

John Bickford
Toby Jones

The clever, caring solicitor looks for any means possible to save Ellis' life after the death penalty becomes a possibility.

Desmond Cussen
Mark Stanley

The admiring nightclub punter wants to take care of Ellis. But does he have a role in the murder?

Melford Stevenson QC
Toby Stephens

Ellis' barrister has a tough job on his hands defending her in court.

Justice Cecil Havers
Nigel Havers

The experienced judge presides over Ellis' trial and sentences her to death after her guilty verdict.

Carole Findlater
Bessie Carter

Blakely's friend and her husband Anthony (Ed Sayer) want to make Ellis pay for killing him.

The cast of *The Bay*

Morecambe & lies

Lancashire-set crime drama *The Bay* is **back for more seaside investigations**

NEW CRIME DRAMA

The Bay

Sun-Tue, 9pm, ITV1 (box set, ITVX)

Experienced family liaison officer DS Jenn Townsend (Marsha Thomason) is highly skilled at working with grieving relatives involved in police investigations. But as Morecambe-set crime drama *The Bay* returns for Season 5, it's Jenn herself and her nearest and dearest who are in need of a little support.

'Jenn's in a very different place this time,' reveals Thomason, 49. 'She's coming back to work after her father has died, so she's grieving. But she doesn't want to deal with her emotions.'

Returning to work early, against the advice of her boss DI Tony Manning (Daniel Ryan), Jenn's first case involves the family of a young woman called Hannah, whose body is found in a canal.

Meanwhile, problems are piling up in Jenn's private life thanks to stressed-out partner Chris (Barry Sloane), who is facing an Ofsted inspection at school, widowed mother Anne (Suzanne Packer) and son Conor (David Carpenter), who's about to fly the nest.

'Jenn isn't on top of her game, and it's been interesting to play her going through something different,' reveals Thomason, who replaced Morven Christie as *The Bay*'s female lead at the start of Season 3. 'In my first season, she was the new kid on the block, and in the second she felt like she knew what she was doing. But now life's thrown her a curveball.'

NEW CHALLENGES

The raw grief of Hannah's mother Julie (Leanne Best), who is estranged from ex-partner Steve (Neil Maskell), is in stark contrast to Jenn's buttoned-up reaction to her own loss. And the arrival of her bereaved mother Anne only piles on the problems.

'Her mum is a lot,' smiles Thomason. 'She's constantly in Jenn's ear, putting her down, and nothing Jenn does is ever good enough.'

Among the directors for the new run is *Endeavour* and *Until I Kill You* actor Shaun Evans, and Ryan admits that having such a TV icon working behind the camera was initially a daunting prospect.

'I was nervous to work with Shaun,' he says. 'We've had an actor direct *The Bay* before, but Shaun's played the cop of all cops. You're getting directed by Endeavour Morse, and you think: "Please don't think I'm rubbish!"'

Meanwhile, as Jenn is struggling at home, her boss is enjoying an uncharacteristic upturn in his personal life, despite many workplace pressures.

'At work, the ceiling is leaking, and there's a lot of talk about budget cuts,' says Ryan. 'Tony is in charge of all that stuff, as well as being the senior investigating officer on the

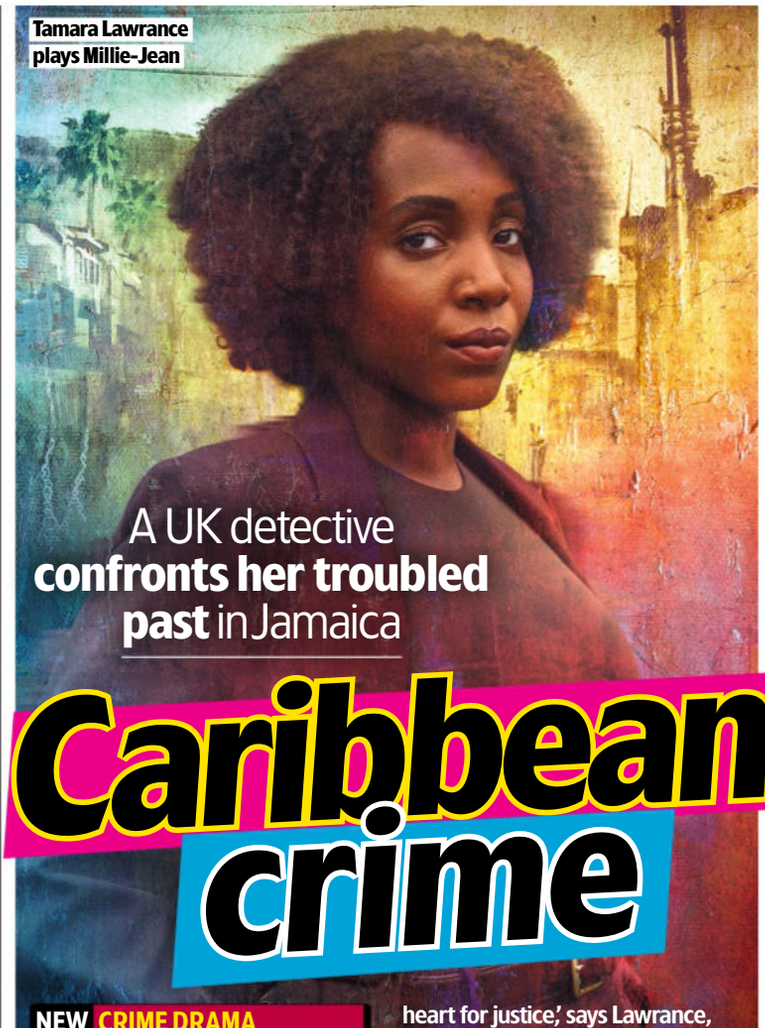
WORDS: IAN MACEWAN, REBECCA MAHONEY PHOTOS: C4, ITV

Marsha Thomason and Daniel Ryan

case. But at home, there's a bit of happiness and romance, because he has a new lady in his life, Sinead [*Derry Girls* actor Tara Lynne O'Neill]. However, he's also got something else on his mind that's bothering him, and it comes to fruition later in the series…'

Besides the new guest cast and returning regulars, the town of Morecambe, with its unique atmosphere and appearance, looms large in the series.

'The show's called *The Bay* for a reason, and Morecambe is absolutely fundamental to it,' explains writer Daragh Carville, who lives in the Lancashire seaside resort. 'On the one hand, it's very beautiful, with a sense of faded grandeur in the remnants of its heyday. But it's also quite a tough place, with real deprivation, and also a lot of pride. I hope the show reflects all of that.'



Tamara Lawrance plays Millie-Jean

A UK detective **confronts her troubled past** in Jamaica

Caribbean crime

NEW CRIME DRAMA

Get Millie Black

Wednesday & Thursday, 9pm, C4 (box set, Channel 4)

A no-nonsense, self-destructive detective quits Scotland Yard to chase ghosts from her past in this brooding thriller that delves into Jamaica's criminal underbelly.

Created by Booker Prize-winning novelist Marlon James, the five-parter – which begins with two episodes this week – follows rising-star investigator Millie-Jean Black (Tamara Lawrance), who was sent to live with relatives in London as a child but moves back to Kingston following her abusive mother's death.

While attempting to reconnect with her transgender sister, Hibiscus (Chyna McQueen), Millie-Jean and her partner, Curtis (Gershwyn Eustache Jnr), are assigned to find a missing schoolgirl. But when ambitious Scotland Yard cop Luke Holborn (Joe Dempsie) shows up in Jamaica with his own agenda, will Millie-Jean's past traumas blow her investigation apart?

'Millie-Jean is belligerent, hawk-eyed and driven by her heart for justice,' says Lawrance, 30. 'She isn't interested in being palatable. Work comes first, but she has a deep desire to cultivate a home with her sister.

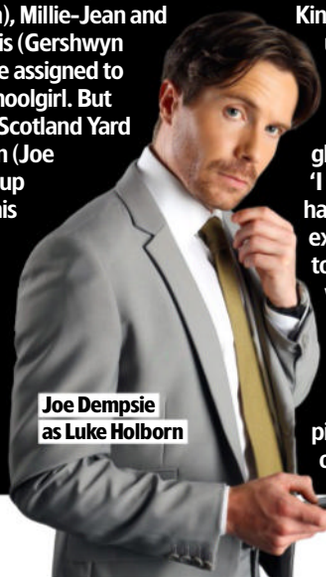
'The show is tense and surprising, and it has an awesome cast that includes the Jamaican queer and trans community. And the landscape of Kingston was integral to the authenticity.'

COMPLEX THEMES

Filmed in both Jamaica and London, the drama deals with colonialism, homophobia and transphobia, as well as childhood trauma and cycles of abuse.

'It's ostensibly a cop show but it has loads of layers that make it hard to define,' says Dempsie, 37. 'It takes us through every level of Kingston society, from the underworld to the rich and powerful, and the writing feels steeped in history and the ghosts of the past.

'I was so fortunate to have Kingston as my first experience of Jamaica, too. It's a vibrant, working city, and I think I got a much greater feel for Jamaican culture than I would've done sipping pina coladas in a resort on a pristine beach!'



Joe Dempsie as Luke Holborn

Guilty party

A high-society gathering takes a deadly turn in an **Agatha Christie** whodunnit

Lady Tressilian
Anjelica Huston
The uncompromising mistress of Gull's Point hosts a house party that has fatal consequences.

Nevile Strange
Oliver Jackson-Cohen
Lady Tressilian's charming tennis-player nephew is torn between his first and second wives.

Mr Treves
Clarke Peters
Lady Tressilian's lawyer plays peacemaker and thinks he knows all the family's secrets.

Mary Aldin
Anjana Vasan
The frustrated companion resents the demands Lady Tressilian makes on her and is keen on Thomas.

Audrey Strange
Ella Lily Hyland
Nevile's cool ex-wife divorced him in a scandalous case, but they both come to Gull's Point.

Kay Strange
Mimi Keene
Now married to Nevile, the fiery free spirit is resentful that Audrey is still in their lives.

Louis Morel
Khalil Ben Gharbia
The French playboy loiters in a decadent nearby hotel, but creates chaos at Gull's Point.

Sylvia
Grace Doherty
Expelled from school for stealing, Mr Treves' unhappy teenage ward comes to Devon with him.

NEW DRAMA

Towards Zero
Sunday, 9pm, BBC1 (box set, BBC iPlayer)

A knotty thread of tortured romances and shady pasts results in a shocking murder in BBC1's lavish adaptation of Agatha Christie's 1944 novel *Towards Zero*.

The three-part drama is set in 1936, as indomitable Lady Camilla Tressilian, played by Hollywood star Anjelica Huston (see panel, right), hosts a summer house party at her home, Gull's Point, on the Devon coast.

But trouble is brewing for the visitors, including Lady Tressilian's tennis-ace nephew Nevile (Oliver Jackson-Cohen) and his seductive new bride Kay (Mimi Keene) – who are faced with the arrival of Nevile's ex-wife Audrey (Ella Lily Hyland).

GAME PLAYING

'Nevile's a good sportsman with a drive to win and is the David Beckham of his time, but he has a complicated emotional life,' says Jackson-Cohen, 38, whose credits include *The Haunting of Hill House*.

'He and Audrey were this celebrity couple, like Elizabeth Taylor and Richard Burton. But now Kay has entered that dynamic. There's sexual tension but also a feeling of threat. It's a love triangle, but so much more. With Agatha Christie, the more you peel the onion, the more you uncover.'

To add to the already febrile atmosphere, Lady Tressilian is furious when her estranged nephew Thomas (Jack Farthing) turns up. Meanwhile, shrewd family lawyer Mr Treves (Clarke Peters) brings his unsettled teenage ward Sylvia (Grace Doherty) to stay at the nearby hotel.

Oliver Jackson-Cohen as Nevile Strange

However, as tensions bubble over between the fraught guests, events culminate in a terrible murder…

Cue the arrival of Inspector Leach, who is tormented by his own past as he tries to sift through the intricate network of hidden motives that emerge at Gull's Point.

COMPLICATED CASE

'Leach is a loner with a romantic sense of justice,' shares *The Americans* star Matthew Rhys, 50, who plays him. 'He's dealing with his demons and trauma from World War One. But he has principles, which are reignited, and he tries to fix what's broken within him.

'It's a messy investigation. He's trying to make sense of these crazy loose ends and these strange people. There's a ruthless ambition to these characters as well as themes of power, money, revenge and love.'

WORDS: CAREN CLARK; ALISON SLADE. PHOTOS: BBC, ITV

Mac
Adam Hugill
The mysterious young man wangles his way into a job as Nevile's valet, but what is he up to?

Thomas Royde
Jack Farthing
Lady Tressilian's cash-strapped nephew arrives after leaving his plantation in Malaya.

Mrs Barrett
Jackie Clune
Lady Tressilian's long-suffering housekeeper is rushed off her feet.

Inspector Leach
Matthew Rhys
The disturbed cop is tested to his limits when he investigates a brutal murder.

The drama re-creates the glamour of the era with stunning costumes, and also portrays some of Nevile's tennis matches, while Inspector Leach picks up a racket as well. But Jackson-Cohen and Rhys admit that their real-life prowess on the court left a lot to be desired.

'My tennis is embarrassingly bad,' smiles Jackson-Cohen. 'But it's great the way the tennis scenes have been shot, even though I'm never really hitting a ball.'

'Yes, we had this wonderful South African coach who looked on with horror at our first lesson,' laughs Rhys. 'He said. "You two are so bad, but maybe people will think that's how they played tennis in 1936!"'

WOMAN OF MYSTERY

Anjelica Huston on the world of Agatha Christie...

***Towards Zero* marks Anjelica Huston's British-TV debut, and the Oscar winner is thrilled to be appearing in a classic whodunnit.**

'Agatha Christie is the queen of crime and this is a fiendishly clever murder mystery with fabulous characters you'll love and love to hate,' says the American star of *The Addams Family* and *Prizzi's Honor*.

And the 73-year-old certainly delivers a pitch-perfect English accent as no-nonsense aristocrat Lady Camilla Tressilian.

'I grew up in the west of Ireland but also in England, so I have an education in English accents,' she reveals. 'Lady Tressilian is the matriarch of this unruly family. They have lots of problems, but she has a way of getting everyone to do what she wants.'

Anjelica Huston as Lady Tressilian

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Will David survive?

CORONATION STREET

David and Daisy are hit by a car

» **As David locks** up the salon, he's horrified to see Andy with a knife. Andy says that gangster Harvey – whom David owes money to – wants him dead for his life insurance. Although Andy loses his bottle, the crimper wonders how he can put an end to his nightmare.

Across the Street, meanwhile, Jenny is gutted about the prospect of selling the Rovers to Daniel – who wrongly believes he's the father of Daisy's baby – to clear her and Daisy's debt to Carla. Drowning her sorrows, she makes a pass at Kit – who *is* the dad – which has huge repercussions…

The next day, Kit sees Daniel in the pub and bitterly suggests he get proof of his paternity. Daniel then confronts Daisy and demands she swear on her baby's life that he's the dad.

Jenny and Daniel tend to Daisy

Troubled David is also in the boozer, and he knocks back vodkas before heading outside. Daisy then dashes out of the pub, and a car hurtles round the corner and ploughs into the pair of them.

Will they survive? And will Daisy's unborn baby be OK?

» **PLUS** Max is sentenced, Kevin's suspicious of Abi and Ronnie, Ken shows mercy to Cassie, Carla fears Rob is in Weatherfield, and Alya quits her job at Fabian's as gran Yasmeen is offered a new opportunity in London.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Nicola (right) tells Zack that he's Barney's father, Sharon tries to contain her secret, traumatised Bianca struggles to leave the house, Tommy returns home to Kat and Alfie, and Harvey's good deed for Lily backfires.

EMMERDALE

» Sarah (right) thinks she's pregnant, Leyla and Amy are laid to rest, April's friend Dylan arrives in the village, Moira orders cheating Cain to move out, and a secret is revealed about Mary.

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Hooray for HOLLYWOOD!

Can **Demi Moore** clinch a long-awaited Oscar?

LIVE AWARDS
Oscars
Sunday, 10.30pm, ITV1

The biggest event in the show-business calendar is set to dazzle this Sunday as Hollywood's starriest names gather in Los Angeles for the 97th Academy Awards, presented by first-time host Conan O'Brien.

British film fans can watch all the glitz and glamour on ITV1 from 10.30pm as Jonathan Ross hosts more than four hours of live coverage, including the red-carpet arrivals.

PRAISED PERFORMANCE

Among the nominees is Demi Moore, who has received her first Oscar nod for her performance in *The Substance*, a mind-bending body-horror flick that satirises Hollywood's obsession with youth and beauty.

Her role as Elisabeth Sparkle, an ageing fitness TV host who uses a black-market drug to spawn a younger alter ego, has already bagged the 62-year-old a Golden Globe.

'I was at a low point when I had this out-of-the-box, bonkers script come across my desk called *The Substance*,' recalls Moore. 'I thought, "OK, this I can dive into. This is something I can bring all of myself to."'

The Substance has five nominations, including Best Picture, and Moore faces stiff competition in the Actress in a Leading Role category from Cynthia Erivo (*Wicked*), Karla Sofía Gascón (*Emilia Pérez*), BAFTA-winner Mikey Madison (*Anora*) and Fernanda Torres (*I'm Still Here*).

The former wife of Bruce Willis, Moore began her screen career on TV soap *General Hospital* in the 1980s, before making a name for herself on the big-screen in *Blame It on Rio*. She's since starred in *Ghost*, *Indecent Proposal* and *Disclosure* and became the highest-paid actress in the world when she earned $12.5 million for her role in 1996 flop *Striptease*.

Demi Moore as Elisabeth Sparkle in *The Substance*

Her career slowed as she concentrated on family life, but Moore has recently found a new audience on the small screen with roles in *Feud: Capote Vs The Swans* and *Landman*. Now, whatever happens at the Oscars, Moore is looking forward to being back in the spotlight.

'This feels like a new beginning,' she says. 'I don't know where it's going, but I'm excited.'

FIVE FUN FACTS

1 **Ralph Fiennes (*Conclave*) has an Actor in a Leading Role nomination 28 years after he was up for the same gong for *The English Patient*. That's the second-longest gap in the category after Henry Fonda's 41 years.**

Ralph Fiennes (centre) in *Conclave*

2 **Other British nominees are Cynthia Erivo (*Wicked*) and Felicity Jones (*The Brutalist*), plus Sir Elton John (*Never Too Late*) for Music (Original Song) and *Wallace & Gromit: Vengeance Most Fowl* for Animated Feature Film.**

Wallace & Gromit: Vengeance Most Fowl

3 **At 215 minutes, *The Brutalist* is the fifth-longest Best Picture nominee of all time. *Cleopatra* (1963) holds the record with 244 minutes.**

4 **Fernanda Torres (*I'm Still Here*) is nominated 26 years after her mother Fernanda Montenegro, becoming only the second mother-daughter Actress in a Leading Role nominees after Judy Garland and Liza Minnelli.**

5 **This year's ceremony will pay tribute to the heroes and victims of the Los Angeles wildfires and showcase the city's 'beauty and resilience'.**

WORDS: REBECCA FLETCHER; RICHARD MCCLURE; PHOTOS: BBC, AARDMAN ANIMATIONS, ©A.M.P.A.S., © 2024 CONCLAVE DISTRIBUTION LLC, GETTY, MUBI

Look Who's Back...

A familiar face making a new appearance this week

Ellie Simmonds

NEW

Crufts

Thu & Fri, times vary, C4 & More4

Derbyshire swimmer Ellie Simmonds won five golds at three Paralympic Games before retiring in 2021. In 2022, she competed in *Strictly Come Dancing* and fronted the documentary *A World Without Dwarfism?*, which looked at controversial drugs to treat children with dwarfism. In 2024, she won a BAFTA for her documentary *Finding My Secret Family*, in which she set out to find her birth mother.

HER NEW APPEARANCE

This week, Simmonds joins Clare Balding, Radzi Chinyanganya and former rugby player Ed Jackson as she presents the world-famous Crufts dog show from Birmingham NEC for the first time. Who will follow in the paw prints of last year's winner, Australian shepherd Viking, to get Best in Show? 'I adore dogs and I've been to Crufts a few times as a spectator,' says Simmonds. 'I'm looking forward to the Hero Dog Award, which is voted for by the public. All the dogs have such incredible stories.'

Ellie Simmonds will co-host Crufts

WORDS: NATASHA HOLT, VICTORIA WILSON, STEVEN PERKINS, TESS LAMACRAFT. PHOTOS: BBC, GETTY, ITV, JOHN MARSHALL, IMENTERNATIONAL, SKY, U&ALIBI

Partners in crime

Victorian sleuth **Miss Scarlet has a new man** in her life...

NEW CRIME DRAMA

Miss Scarlet

Wednesday, 9pm, U&Alibi (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

Fans of *Miss Scarlet and The Duke* were worried that it might be the end for the Victorian crime drama when actor Stuart Martin quit his role as William 'The Duke' Wellington, with the detective leaving London for a job in New York.

But, this week, there's a new case, a new detective and a new title as Kate Phillips returns to play private detective Miss Eliza Scarlet.

As the six-part series begins, it's been months since The Duke's departure after confessing his true feelings to Eliza, and she is heartbroken after their tender kiss. Throwing herself into her work at the agency, she is soon on the trail of a missing lord accused of murder – and crosses paths with Scotland Yard's new Detective Inspector, Alexander Blake (*The Windsors*' Tom Durant Pritchard).

'As ex-military, Alexander is a man of order and structure who's always been used to doing his job a certain way,' says Durant Pritchard, 37. 'He doesn't like outside interference, and certainly doesn't want private detectives trying to meddle in his business. However, Eliza's very good at what she does, so his views on private detectives soon alter.'

WILL THEY, WON'T THEY?

But as the pair begin to bond professionally, could a new romance be on the cards for Eliza?

'I'm all in for a "will they, won't they?"' smiles Phillips, 35, who starred as Jane Seymour in *Wolf Hall*. 'But Eliza's an independent woman whose agency is thriving and *Miss Scarlet* will always be about a woman carving her own way in a man's world. Plus, Eliza's hopeful The Duke might return from New York – so the door's not firmly shut on that chapter.'

Back alongside Eliza are housekeeper Ivy Woods (Cathy Belton), trusty accountant Clarence Pettigrew (Paul Bazely) and grumpy DS Phelps, played by Tim Chipping – who shared a funny moment on set with his new co-star.

'We were filming a scene taking place at the morgue with Phelps and Alexander talking over a man's dead body,' recalls Durant Pritchard. 'I was about 30 seconds into this speech when the actor playing the corpse started snoring. For the hour we were filming, he just kept nodding off!

Out of the box

Rob Beckett poses some more telly-based teasers

From left: Richard Osman, Alison Hammond, Rob Beckett, Danny Dyer, Motsi Mabuse, Richard Ayoade and Josh Widdicombe

NEW ENTERTAINMENT

Rob Beckett's Smart TV

Wednesday, 9pm, Sky Max & Sky Showcase

Comedian Rob Beckett is back to host another season of his telly-based panel show *Smart TV*, with team captains Alison Hammond and Josh Widdicombe once again going head-to-head. This week, the trio welcome

Eliza gets to work

DI Blake and Miss Scarlet

guests Richard Ayoade, Danny Dyer, Motsi Mabuse and Richard Osman, who'll be testing their TV knowledge in quirky quiz rounds, such as guessing how *Midsomer Murders'* victims met their deaths, while guests later in the run include Richard Madeley and *Call the Midwife's* Helen George.

Here, Beckett, 39, reveals what we can expect from the new series...

Is it good to be back together with the team? Yes, I love working with Alison and Josh. It's a cheeky competition and there's a great rivalry – laughing at Alison is too good, and Josh gets teased a lot as well. Josh still has the upper hand. Alison couldn't have got worse, but she's improving.

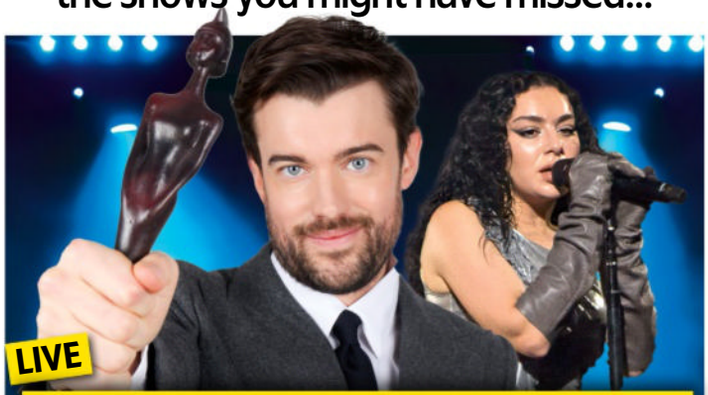
Who was the best guest this series? I loved having Danny Dyer on the show. Nitro from *Gladiators* [Harry Aikines-Aryeetey] was good fun, too, especially his dancing.

What TV programmes do you love? Back in the day, my favourite shows were *The Sopranos*, *Peep Show*, *The Office* and *Only Fools and Horses*. But my current obsession is *Love Island: All Stars*. I don't know who any of these people are, but it's still good.

Do you have a laugh behind the scenes on the show? We really get on – we're not faking it. A good behind-the-scenes moment was when I had a bad shoulder and Alison recommended her masseur to me. It felt a bit weird, booking a male masseur to come to my hotel bedroom. But I booked him anyway... and then he ghosted me! Never turned up. We had a right laugh about it.

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...



LIVE

BRIT Awards

Saturday, 8.15pm, ITV1

Jack Whitehall hosts the music awards from London's O2, where Charli XCX (above, with Whitehall) has five nominations, including Artist of the Year, a category in which she's up against the likes of Sam Fender and Dua Lipa. Taylor Swift, The Cure and Coldplay are also up for gongs, while The Beatles' *Now and Then* is nominated for Song of the Year. Performers on stage include Sabrina Carpenter and Shaboozey.

NEW

The One That Got Away

Sat, 9pm & 9.50pm, BBC4 (box set, BBC iPlayer)

This six-part crime thriller was broadcast last year in Welsh under the title *Cleddau* – and now the English-language version comes to BBC4. DI Ffion Lloyd (Elen Rhys) investigates the murder of a woman that bears similarities to past cases. Meanwhile, as she works alongside former lover DS Rick Sheldon (Richard Harrington), she's forced to confront her true feelings.

The White Lotus

Monday, 9pm, Sky Atlantic

Despite the idyllic location, the stress continues to mount for Tim (Jason Isaacs) as he learns that the FBI are investigating his business back home. To prevent the rest of his family from finding out, he decides that the entire clan should embrace the resort's 'no phones' policy after all – much to the distress of son Saxon (Patrick Schwarzenegger, left).

NEW

National Theatre Live: Frankenstein

Tuesday, 9pm, Sky Arts

Directed by Danny Boyle, this National Theatre adaptation of Mary Shelley's novel was staged in 2011. Benedict Cumberbatch plays scientist Victor Frankenstein, who creates a creature from human corpses (Jonny Lee Miller). The actors alternated the roles during the play's run and you can see Cumberbatch as the Creature next week.

Charlie Cox as Matt Murdock, AKA Daredevil

EXCLUSIVE INTERVIEW

BLIND justice

Six years on, **Charlie Cox** returns as the New York vigilante...

Murdock with friends Karen Page and Foggy Nelson

Matt comes up against his old foe Wilson Fisk

Disney+ Daredevil: Born Again

NEW *Available:* ***Wednesday 5 March***
Genre: ***Superhero drama*** *Season:* ***1***
Eps: ***9 (first two eps from 5 March, then weekly)***

Six years after the cancellation of Netflix's *Daredevil*, the blind vigilante known by day as lawyer Matt Murdock (Charlie Cox) returns this week to patrol the streets of New York City in a new series for Disney+.

In the years since we last saw him, Matt has been focusing on his legal practice with colleagues Karen Page (Deborah Ann Woll) and Franklin 'Foggy' Nelson (Elden Henson). But with his nemesis Wilson Fisk (Vincent D'Onofrio), AKA Kingpin, running for mayor, the city needs Daredevil more than ever.

Here, in an exclusive interview with *TV&Satellite Week*, Cox, 42, reveals why he's delighted to don the suit once again…

Did the call to return come as a welcome surprise? There were at least two years where I was convinced the journey had come to an end, so it's been an emotional rollercoaster. When I got a phone call from [Marvel Studios president] Kevin Feige in 2020 asking if I was interested in coming back, I was elated. I felt I still had a lot to offer the character and I never got a chance to properly say goodbye, so I was thrilled – I've loved every minute of this.

Where do we find Matt at the start of the series? We didn't want to feel like we were too tied in to very recent history, so enough time has passed whereby we don't need to reference the aftermath [of the original series]. Matt has found a good balance: he's managing to operate as a lawyer and run the company with Karen and Foggy, and at times he still goes out at night in his Daredevil suit…

How did you find the physical demands of the role this time? I've discovered my body is not what it was 10 years ago! But I love the physical aspect of this character, and being involved in the stunts as much as possible.

What can you reveal about his relationship with Kingpin? There's so much loathing and distrust. The producers thought it would be fun to bring us together early on, in a way where we have learnt in some capacity to trust the other's word. But promises are broken!

You're about to start filming Season 2. Can you give us any teasers? I've read quite a few of the scripts, and I think they're some of the best I've ever read. There's a tonal shift: it has the feeling of more of a suspenseful thriller. More than anything, I'm just over the moon that we get to keep doing it.

● The original *Daredevil* series, which ran for three seasons on Netflix between 2015 and 2018, can now be found on Disney+

What we're watching...

The shows being enjoyed by the *TVSW* team

Netflix Apple Cider Vinegar

Genre: ***Drama*** *Season:* ***1*** *Episodes:* ***6***

Just like *Inventing Anna* and *The Dropout*, this is a compelling fact-based drama about a manipulative young woman who carries out a brazen, lucrative con until her scam is uncovered and her world comes crashing down. *Dopesick*'s Kaitlyn Dever (left) brilliantly conveys the ambition of Australian influencer Belle Gibson, who, between 2013 and 2015, convinces her many followers that she cured her brain cancer simply through healthy eating and alternative therapies. But it was all a lie – she never had cancer.

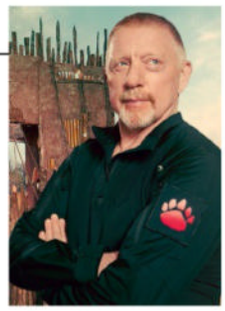
Paramount+ Accused

Genre: ***Drama***
Season: ***2*** *Episodes:* ***8***

Strong performances elevate the second season of the US crime anthology drama, which kicks off with Felicity Huffman (right) as a psychic on trial for fraud after claiming to have visions of a missing boy.

Netflix Celebrity Bear Hunt

Genre: ***Reality***
Season: ***1*** *Episodes:* ***8***



Twelve celebs, including former Wimbledon champion Boris Becker (right), are hunted down by survival expert Bear Grylls in the Costa Rican jungle in a fun-to-watch reality series hosted by Holly Willoughby.

Now in production...

Three upcoming shows to look out for soon

tv+ Widow's Bay

Apple TV+'s 10-part drama will see Matthew Rhys (above) play a determined single father who is mayor of a New England island, which he is keen to promote. But he is frustrated by the superstitious locals who are convinced that the town is plagued by a curse...

prime Kill Jackie

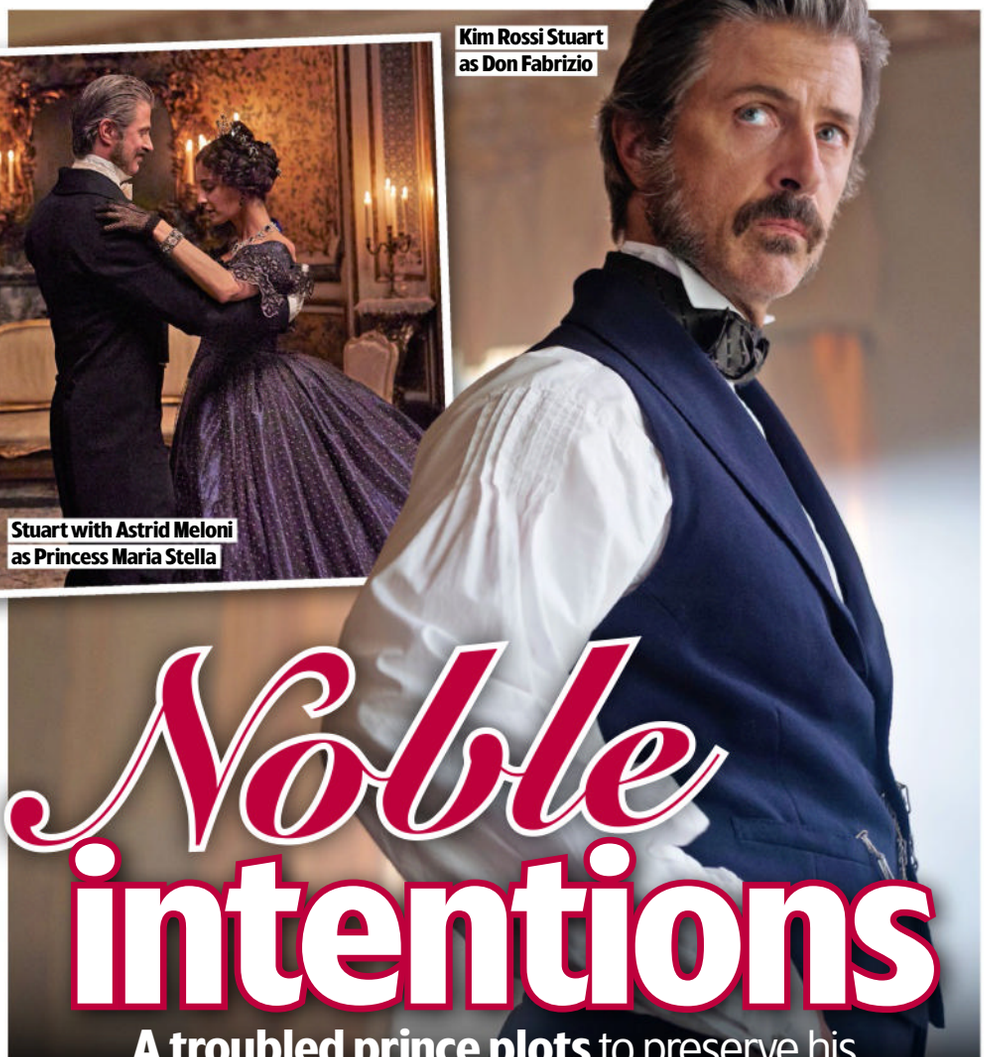
Catherine Zeta-Jones (above) will star in Prime Video's eight-part thriller – based on Nick Harkaway's novel, which is written under his pseudonym Aidan Truhen – about a one-time drug dealer who has to wage war on a chilling squad of hitmen as her past resurfaces.

tv+ Dilettante

In Apple TV+'s drama, Jeff Daniels (above) is set to head the cast as a top magazine editor who has a battle on his hands to steer his glossy publication through choppy waters in the thrilling but ruthless world of publishing in New York City during the 1990s.

WORDS: CAREN CLARK. JUDY EWENS, STEVEN PERKINS. PHOTOS: ©2025 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PARAMOUNT+, ©2025 MARVEL

Stuart with Astrid Meloni as Princess Maria Stella


Kim Rossi Stuart as Don Fabrizio

Noble intentions

A troubled prince plots to preserve his family's legacy in 19th-century Sicily

NETFLIX The Leopard

NEW *Available: Wednesday 5 March*
Genre: Drama Season: 1 Episodes: 6

The decline and fall of Sicily's aristocracy is at the heart of this sumptuous Italian period drama based on Giuseppe Tomasi di Lampedusa's world-famous 1958 novel *The Leopard*.

Set against the backdrop of revolution in the 1860s, the six-part sweeping epic follows the erudite and melancholic Don Fabrizio Corbera, the Prince of Salina (Kim Rossi Stuart), who fears his family's future is under threat as General Giuseppe Garibaldi and his Redshirts are leading Italy towards unification.

His gilded way of life with his wife Princess Maria Stella (Astrid Meloni) is rapidly crumbling as the bourgeoisie gain power and influence. But when his rebellious nephew, Tancredi (Saul Nanni), falls for the wealthy, middle-class Angelica (Deva Cassel), Don Fabrizio tries to mastermind a marriage that could secure his status.

There's just one problem – his daughter, Concetta (Benedetta Porcaroli), is desperately in love with Tancredi and is already promised to him. Will Don Fabrizio choose his favourite child's happiness over his own legacy?

'I read the book in my 20s and thought it was wonderful,' says *House of Cards* and *The Serpent* director Tom Shankland, who helmed four episodes. 'It's a profound and touching experience of family life and the way it has to navigate huge, turbulent historical changes.'

ENDURING QUESTIONS

Sicilian writer and nobleman Tomasi di Lampedusa based the much-loved book on the life of his great-grandfather, the Prince of Lampedusa, who was first portrayed on screen by Burt Lancaster in the award-winning 1963 film.

This TV retelling – filmed in Palermo, Syracuse, Catania and Rome – is already being described as the Italian equivalent of *The Crown*.

'I hope it will give viewers a way of reflecting on what's been going on in the last few years, when we've had pandemics, crazy politics and all the rest of it,' says Shankland. 'How do we survive as families, as humans? What changes and what doesn't?'

Deva Cassel as Angelica

The Duchess of Sussex

Living like a duchess

The Duchess of Sussex shares her entertaining tips

NETFLIX With Love, Meghan

NEW *Available: Tuesday 4 March*
Genre: Factual Season: 1 Episodes: 8

If you've ever wanted to bake the perfect cake, create delicious doughnuts or make your own honey, then Meghan, Duchess of Sussex, is on hand this week to share gardening, cooking and entertaining tips in her eight-part lifestyle series, *With Love, Meghan*.

Filmed partly at her home in California, which she shares with Prince Harry and their two children, the Duchess will be sharing tips on everything from flower arranging to baking focaccia as she invites a range of guests – including chefs Roy Choi and Alice Waters, her former *Suits* co-star Abigail Spencer and actor-comedian Mindy Kaling – to join her as she rolls up her sleeves in her kitchen and garden.

Meghan with Mindy Kaling

'I'm going to share some little tips and tricks,' she explains. 'I've always loved taking something pretty ordinary and elevating it. This is about connecting with friends, making new friends, and just learning. We're not in the pursuit of perfection, we're in the pursuit of joy. Love is in the details.'

Postponed in the wake of the Los Angeles wildfires earlier this year, the series is part of a multimillion-pound deal that the Sussexes struck with Netflix for a raft of programming that's already delivered Prince Harry's *Polo* docuseries. The couple's upcoming projects for the streaming service reportedly include an adaptation of bestselling romance novel *Meet Me at the Lake* by Carley Fortune.

WORDS: REBECCA MAHONEY, VICTORIA WILSON, NICK CANNON, CAREN CLARK. PHOTOS: BBC, C4, ITV, NETFLIX, PRIME VIDEO, SKY, HBO

NIGHTMARE neighbour

Martin Compston faces shocking allegations in a psychological thriller

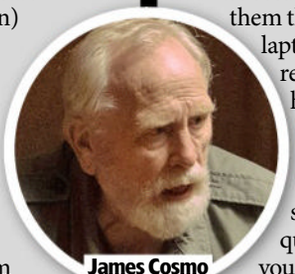
Mohindra, Compston and McLeod as Rebecca, Martyn and their neighbour Jan

prime **Fear**

NEW *Available Tuesday 4 March*
Genre: Thriller Season: 1 Eps: 3

Line of Duty actor Martin Compston teams up with *The Lazarus Project*'s Anjli Mohindra to play a couple pushed to breaking point when their menacing neighbour accuses them of child abuse in Prime Video's three-part psychological thriller *Fear*.

When Martyn (Compston) and Rebecca (Mohindra) relocate from London to a beautiful new house in Glasgow with their two young children, life seems pretty perfect – even their basement-dwelling neighbour, Jan (Solly McLeod), brings them homemade food.



James Cosmo co-stars

'Jan offers friendship and a sense of community, which is what Martyn and Rebecca have perhaps been starved of in London,' says Mohindra, 35. 'Jan appears to Rebecca as this wounded soul, but it's not long before the relationship turns on its head and we start to see more of Jan's insidious tendencies…'

Jan begins making unsettling remarks towards Rebecca, kick-starting a campaign of torment against the couple, and he ends up alleging that they are physically, mentally and sexually abusing their children.

'It's probably the worst thing any parent can be accused of and, these days, an accusation seems to stick before there's any evidence,' Compston, 40, says of the drama, which also stars James Cosmo as Martyn's estranged father.

CYBER SNOOPING

As Jan steps up his intimidation, Martyn and Rebecca believe he's been stalking them through their phones and laptops. With the authorities refusing to step in, they feel helpless – so Martyn takes drastic action.

'We also learn that Jan has endured a horrific past, so this drama poses two questions: "How far would you go to protect your children?" and, "How much does historic childhood trauma excuse present behaviour?"' says Compston, who has a home in Greenock, near Glasgow, and enjoyed the chance to film in Scotland.

'Martyn and Rebecca's house is in Glasgow's West End, a very desirable postcode,' says Compston. 'It was nice being close to my place in Greenock, so I could nip home and I also took the cast and crew to different bars and restaurants in Glasgow. I felt like a tour guide!'

EVERYONE'S TALKING ABOUT…

We point you towards the TV moments you won't want to miss on catch-up

sky box sets NOW **The White Lotus**

As an intriguing new group of tourists head to a resort in Thailand in the third run of Sky Atlantic's blackly comic drama, businessman Timothy (Jason Isaacs) finds his family trip upended by a disturbing phone call…

itvX **The Real Unforgotten**

ITV1's documentary follows detectives as they reopen the cold case of Carol Morgan, who, in 1981, was found dead in the Bedfordshire convenience store that she ran – and they reveal shocking new evidence.

4 **Two Men on a Bike**

In More4's travelogue, pals David Baddiel and Hugh Dennis hit the road for a cycling trip across France, which begins as they journey from the west coast to Bordeaux, taking in a chateau once owned by the mother of artist Henri de Toulouse-Lautrec.

BBC iPLAYER **Waterloo Road**

Steely new head teacher Dame Stella Drake (Lindsey Coulson) makes waves when she tries to restore the school's reputation, as a new term starts in BBC1's drama. But the arrival of troublesome pupil Ashton (Cory McClane) creates more ripples.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Hot Wheels Let's Race

Monday 3 March

The third season of the animated children's series based on the Hot Wheels toy line. Six young hopefuls at the Hot Wheels Ultimate Garage Racing Camp learn the skills they need to become the next generation of amazing racers.

Fear

Tuesday 4 March

Psychological thriller. Martyn (*Line of Duty*'s Martin Compston) and Rebecca (*The Lazarus Project*'s Anjli Mohindra) move to Glasgow with their two young children. At first, their new home seems idyllic, but when their neighbour Jan (*Tom Jones*' Solly McLeod) makes unnerving comments to Rebecca, it turns out to be the start of something far more intimidating. See feature, page 17.

Just One Look

With Love, Meghan

Tuesday 4 March

In this lifestyle series, delayed from its original January release because of the devastation caused by the LA fires, Meghan, Duchess of Sussex, shares cooking, gardening and hosting tips. She also invites friends and famous faces, including *The Mindy Project*'s Mindy Kaling and chefs Roy Choi and Alice Waters, to her and Prince Harry's California estate. See feature, page 16.

Geordie Stories: Charlotte's New Baby

Tuesday 4 March

Reality series following *Geordie Shore* star Charlotte Crosby as she prepares to welcome her second child with fiancé Jake Ankers while juggling her various business ventures with parenting their two-year-old daughter Alba and also dealing with an armed raid on the couple's home.

Daredevil: Born Again

Wednesday 5 March

Charlie Cox reprises his role of Matt Murdock, a blind defence lawyer with heightened abilities, who leads a double life as Marvel's vigilante superhero Daredevil, in a continuation of the 2015-18 series *Daredevil*. See feature, page 14.

The Leopard

Wednesday 5 March

Italian period drama, based on Giuseppe Tomasi di Lampedusa's classic novel of the same name. Against the backdrop of the unification of 1860s Italy, a Sicilian prince grapples with the collision between his aristocratic family's privilege and revolutionary change. See feature, page 16.

Just One Look

Wednesday 5 March

Polish crime drama adapted from the Harlan Coben novel of the same name. Greta's life unravels when an ominous photo surfaces showing her husband with a group of people, one whose face has been crossed out.

Picture This

Thursday 6 March

Romcom starring *Bridgerton*'s Simone Ashley. When a spiritual guru predicts that single photographer Pia will meet the love of her life on one of her next five dates, her family intervenes by setting her up on a series of blind dates.

Plankton: The Movie

Friday 7 March

Animated family film based on *SpongeBob SquarePants*. Plankton's sentient computer wife Karen decides to take a stand and destroy the world without him. Now, Plankton and frenemy SpongeBob have to work together to stop her.

Recipes for Love and Murder

Monday 3 March

The second season of the South African mystery series starring Maria Doyle Kennedy as foodie, columnist and amateur sleuth Maria. When a fire engulfs the small town of Eden, a multiple-murder investigation unearths the community's darkest secrets. With *The Ministry of Ungentlemanly Warfare*'s Hero Fiennes Tiffin, Adil Ray and Luke Fetherston.

Extraordinary

Thursday 6 March

The second season of the British superhero comedy picks up where the first series left off with Jen (Máiréad Tyers) enrolling at the power clinic in the hope of finally finding her superpower. With *Derry Girls*' Siobhán McSweeney. *The Mighty Boosh*'s Julian Barratt joins the cast and Sir Derek Jacobi voices a special cameo. Previously shown in Disney+ in 2024.

Delicious

Beauty in Black

Thursday 6 March

The second half of the first season of the drama created by Tyler Perry. An exotic dancer's life takes a turn when she crosses paths with the wealthy and powerful but dysfunctional family behind a cosmetic dynasty and a devious trafficking scheme.

Delicious

Friday 7 March

German thriller film. A German family holidaying in a French villa encounters a mysterious, injured woman and take her in, leading to unforeseen consequences. Valerie Pachner stars.

Chaos: The Manson Murders

Friday 7 March

Documentary that offers a different take on the infamous Manson Family murders when, during 9-10 August 1969, followers of Charles Manson murdered seven people, including pregnant actor Sharon Tate, in Los Angeles. The film links cult leader Manson with the CIA and Jack Ruby, who killed John F. Kennedy's assassin, Lee Harvey Oswald.

The Mantis

Friday 7 March

French crime drama from Walter Presents. More than 25 years ago, notorious serial killer Jeanne Deber, known as The Mantis, struck fear across France. Now, a chilling copycat killer is on the loose, leaving the police with no choice other than to ask Jeanne for her help. But she will only cooperate if she can speak to her estranged son.

When Life Gives You Tangerines

Friday 7 March

South Korean romantic drama about the love between a devoted boy and a bold girl that blossoms into an enduring lifelong tale of challenges, setbacks and triumphs.

WORDS: JUDY EWENS. PHOTOS: ACORN TV, NETFLIX

Documentaries

A majestic bald eagle

NEW WILDLIFE

The Americas

Sunday, 6.30pm, BBC1

Filmed over five years and narrated by Hollywood star Tom Hanks, BBC1's new nature series *The Americas* takes us on an adventure across the continents of North and South America.

Starting with the Atlantic Coast, the 10-parter uses cutting-edge technology to reveal rare animal behaviour across a range of habitats, including the frozen north, the American West, the Caribbean and the Amazon.

'*The Americas* is an extraordinary journey across Earth's greatest continents,' says Hanks. 'It has the widest variety of life on the planet.'

Here, executive producer Mike Gunton shares six of his favourite creatures in the series…

Land of the *free*

Tom Hanks narrates a wildlife epic set across North and South America

Tom Hanks

The Undercover Police Scandal: Love and Lies Exposed

Thursday, 9pm, ITV1 (box set, ITVX)

For seven years, Lisa believed she was in a relationship with a man called Mark Stone, but, in fact, he was an undercover police officer with a wife and children. Her story features in this series about a secret unit that saw dozens of women manipulated into relationships with 'spy cops'.

Tour de Fred: Northern Ireland

Monday-Friday, 2pm, ITV1

Seasoned cyclist Fred Sirieix gets on his bike for a five-part tour around Northern Ireland, where he explores his passion for travel and food. Along the way, he braves the wind and rain in the Mourne Mountains, makes potato bread, swims in the Irish Sea, and samples his first-ever pint of Guinness.

Forensics: The Real CSI

Sunday, 9pm, BBC2

As the procedural docuseries returns, forensics teams from West Midlands Police battle to find a dangerous knife murderer with potential links to organised crime after a Chinese national is found stabbed to death at a particularly gruesome crime scene – in a property that turns out to be a brothel.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: BBC, C4, GETTY, ITV, SKY, AP, CHANNEL 5

American bison once covered the plains

BALD EAGLE
'The bald eagle is the USA's national bird and so you imagine they'd be this powerful superstar, yet they're actually outcompeted by ospreys when it comes to fishing,' says Gunton. 'We managed to capture an eagle stealing an osprey's fish, which meant an extraordinary mid-air dogfight.'

MARBLED FOUR-EYED FROG
'It's a remarkable frog that lives high up in the Andes, where it's brutally cold – so cold that the frogs freeze solid at night and effectively die. But then every morning they thaw themselves out and regenerate. Nobody really knows how, but it's incredible.'

FLAMINGO
'There are mass aggregations of flamingos at Chile's salt lakes, where females choose mates on the basis of their dancing. What's weird is that they don't dance individually, they dance en masse, so you get these huge groups of them all dancing in synchrony. We filmed a lovely dance-off sequence that's a bit like a disco.'

Dancing flamingos in Chile

BISON
'Bison were once one of the most abundant herbivores on the planet and yet humanity almost exterminated them to extinction. It's wonderful to see them in such huge numbers now. Tourists even come to watch them rutting, but you wouldn't want to get too close.'

BURROWING OWL
'My favourite sequence comes in an episode about the Gulf Coast, where we film this tiny owl who's missed out on all the females when everyone else has paired off. Finally, a female flies down and winks at him as if to say, "OK, then!" It's a really relatable story.'

BLUE WHALE
'We have some once-in-a-generation footage of not just one blue whale, but four together. They're displaying this remarkable behaviour where they're racing each other and leaping out of the ocean. It's amazing how we're still witnessing new things that we've never seen before.'

Seeking Satoshi: The Mystery Bitcoin Creator

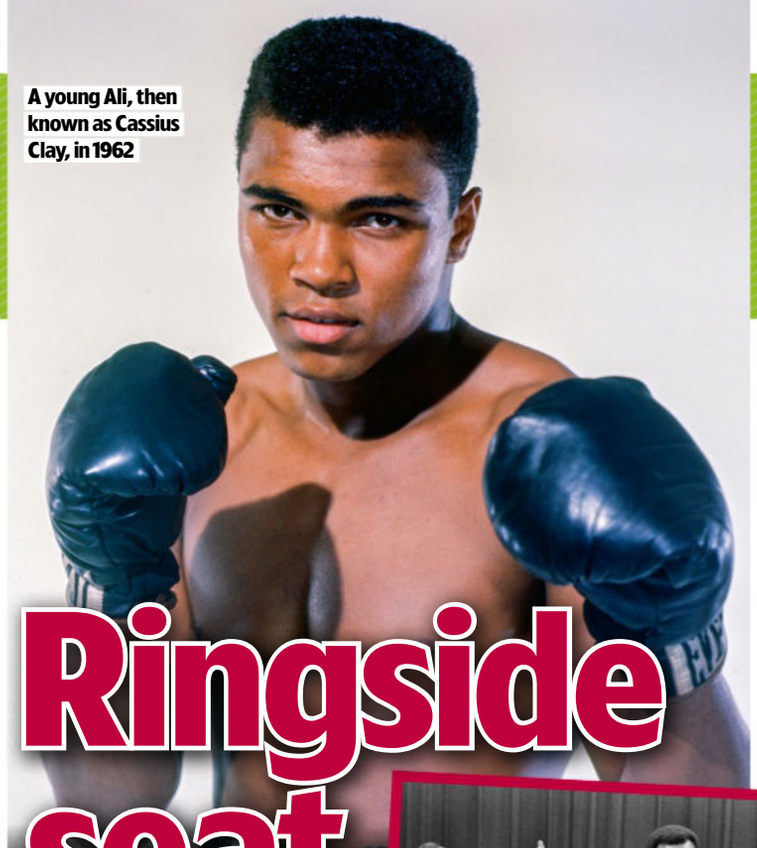
Tuesday & Wednesday, 10pm, C4

Now a trillion-dollar industry, digital currency Bitcoin was invented in 2008 by someone calling themselves Satoshi Nakamoto. Yet the true identity of this pioneer remains a mystery. Reporter Gabriel Gatehouse attempts to unmask the tech icon, who could be one of the richest people on the planet.

Portugal with Michael Portillo

Saturday, 8.30pm, Channel 5

The presenter heads to Portugal for a new travel series exploring its hidden gems, starting this week in Porto, where he visits the bustling Bolhão food market. He also enjoys a glass of the city's famous port and visits the 19th-century Palácio da Bolsa, where the opulent rooms have walls covered in gold.


A young Ali, then known as Cassius Clay, in 1962

Ringside seat

Muhammad Ali's unlikely friendship with chat-show host **David Frost**...

The pair on Frost's *Headliners* in 1978

FACTUAL

David Frost Vs

Sunday, 9pm, Sky Documentaries & Sky Showcase

Sporting superstar Muhammad Ali was interviewed 12 times by David Frost over 34 years. The boxer even visited the chat-show host's home in London and allowed Frost the only interview the night he regained his heavyweight title against George Foreman in 1974's famous Rumble in the Jungle.

Now, Sky's *David Frost Vs* looks back at some of the funny and fiery exchanges between the pair, starting in 1968 with an interview that took place against the backdrop of America's civil-rights movement as Ali faced a possible prison sentence for refusing the Vietnam War draft.

'Dad first met Muhammad Ali when Ali's back was against the wall,' says Frost's son, the Sky News presenter Wilfred Frost. 'As one of the biggest chat-show hosts of the time, Dad was in a unique position to get to the heart of what this fascinating man had to say.

'Dad had great sympathy with the cause of civil rights and he believed Ali was a great champion for Black Americans. He also cared about Ali and wanted to help him.'

When Ali returned to the ring in 1971 for a title bout against Joe Frazier, Frost had a ringside seat. He also commentated on the Rumble in the Jungle fight, and by then the two had struck up a friendship.

BIG HITTERS

'David was very warm and friendly,' says Ali's former wife Khalilah Ali, who appears in the documentary. 'There were so many injustices for Black people at the time. But David was always a positive interview. He wasn't trying to condemn Ali, which meant he was more relaxed.'

The pair's final televised exchange came in 2002. By then, Ali had been battling Parkinson's disease for almost 20 years, yet the mutual admiration remained.

'All of Dad's interviews with Ali are so strong and so powerful,' says Wilfred Frost. 'You get a new take on Ali's life because they're deeply personal. Dad got the best out of him.'

1974's Rumble in the Jungle

Films This

MOVIE OF THE WEEK

Maria

The life of opera sensation Maria Callas, played with panache by **Angelina Jolie**

BIOPIC

Available now, to buy or rent from digital stores including Sky Store, Prime Video and others ★★★★

Angelina Jolie goes full diva in this plush, extravagant biopic of legendary operatic soprano singer Maria Callas, which sees Chilean director Pablo Larraín completing his loose trilogy of films about three of the 20th-century's most iconic women: Jacqueline Kennedy (2016's *Jackie* starring Natalie Portman) and Princess Diana (2021's *Spencer* starring Kristen Stewart).

Scripted by the prolific Steven Knight (who also wrote *Spencer*, but is probably best known for TV smash *Peaky Blinders*), the film follows the ailing, reclusive Callas during the final week of her life before her death in Paris in 1977 at the age of 53, with black-and-white flashbacks evoking key episodes from her past, including her teenage years in Nazi-occupied Athens, her long relationship with shipping tycoon Aristotle Onassis (Haluk Bilginer) and her dazzling musical triumphs.

Jolie looks fabulous (as does the film's re-creation of 1970s Paris), while splendidly capturing both Callas' imperious hauteur and her tragic vulnerability. Selected arias on the soundtrack show off Callas in her thrilling vocal prime, while her ravaged but still affecting 1977 singing voice was created by a synthesised blend of Callas' recordings and Jolie's own vocals. 2024, 12, 123MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, MATT MAYTUM, JAMES MOTTRAM, NIGEL PIZEY

More premieres and Day by Day planner >>>

week's Best Movies

CRIME HORROR

MaXXXine

Saturday, 9.45pm, Sky Premiere ★★★

Mia Goth has roaringly good fun as Maxine in writer-director Ti West's trilogy-closing slasher tale, following *X* (see p27) and prequel *Pearl* (still the best of the bunch). An adult-movie success circa 1985, Maxine is chasing a legit LA acting career. But (real-life) serial killer Richard Ramirez, aka the Night Stalker, is on the loose and killing sex workers Maxine knows. Detectives Michelle Monaghan and Bobby Cannavale aim to take him down, while Kevin Bacon (relishing his role) is an odious private eye and Elizabeth Debicki plays a no-nonsense movie director. And if you've come for the carnage – faces are branded, eyes slashed, bodies crushed – then this should satisfy your bloodlust. 2024, 18, 100MIN

Cold glamour: Mia

Prickly: Sonic and Shadow

FAMILY FANTASY

Sonic the Hedgehog 3

Available now, to buy or rent from digital stores including Sky Store, Prime Video and others ★★★

The peppy videogame character is back for his third big-screen adventure, serving up a family friendly mix of live-action and animation that is every bit as furiously manic and silly as you would expect. Jim Carrey's mad scientist Dr Robotnik is back, with Carrey also paying Robotnik's even crazier grandfather. Both have surprising roles to play when the globe-spanning plot pitches Sonic (voiced again by Ben Schwartz) and his animal pals Knuckles (Idris Elba) and Tails (Colleen O'Shaughnessy) up against a revenge-seeking rival hedgehog named Shadow (voiced by Keanu Reeves, of all people), who has just escaped from 50 years captivity in a laboratory, putting the planet in peril. 2024, PG, 110MIN

Clockwise from top: Raúl, Josh, Melonie and Tony

THRILLER

Cold Wallet

Available now, to buy or rent from digital stores ★★★

The dangers of crypto finance are laid bare in literal fashion with this droll, Coen brothers-esque crime thriller. Duped out of their crypto currency, Redditers Raúl Castillo, Melonie Diaz and Tony Cavalero band together to break into the scammer's mansion and force him to give all of his ill-gotten gains back. Once there, though, the duplicitous lowlife (wonderfully played by Josh Brener) has a few tricks up his sleeve – not least to divide and conquer... The sly humour's subtle, but this enjoyable, entertaining romp is a small cheer for the little guy. 2024, 15, 93MIN

HORROR

House of Darkness

Tuesday, 9pm, GREAT! movies ★★★

A smart little cat-and-mouse horror, this acerbic tale is fiendish fun. Justin Long's Hap drives home a woman he just met at a bar, only to discover she lives in a creepy castle-like mansion. She's Mina (Kate Bosworth), an ethereal beauty with a penchant for asking odd questions who invites him in for a drink –but who's the predator and who's the prey? Writer-director Neil LaBute's witty script cuts deep, unsettling us from the off. It's an outlandish battle-of-the-sexes with horror tropes thrown in that makes for a wickedly entertaining ride, even if the finale is predictable fare. 2022, 15, 88MIN

Power games: Justin and Kate

Films

FAMILY FANTASY

Harold and the Purple Crayon

Friday, 8.55am & 6.20pm, Sky Premiere ★★★

Taking a loose approach to adapting the much-loved picture book of the same name, this opens with an inventive animated sequence featuring the baby whose scribblings come to life. It's not long till he grows up, and when his narrator's voice goes quiet, a journey to the real world ensues, in which Harold takes on the form of Zachary Levi, and his pals Moose (Lil Rel Howery) and Porcupine (Tanya Reynolds) become humans.

Anything that Harold draws with his magic crayon becomes real in our world too, much to the delight of his newfound young friend Mel (Benjamin Bottani). It's an inherently fun idea that the film makes solid use of.

There's plenty here that feels familiar – Levi's manchild-out-of-water recalls *Shazam!* and that film's major touchstone, *Big*, while the presence of Zooey Deschanel reinforces the *Elf* parallels (her single mum, Terri, is even unhappily working in a department store here). But it's all assembled in a big-hearted, slickly put together confection that entertains without outstaying its welcome, and delivers its uncomplicated messages without too much sentimentality. 2024, PG, 90MIN

Made for two: Lil Rel and Zachary

Hidden gems Great movies you might have missed...

TRUE CRIME

Boston Strangler

Disney+ ★★★★

If you know the Boston Strangler from the 1968 film, you may think there's little else a new movie could say. But this latest brings a fresh perspective by following the people who initially put the pieces together – journalists Loretta McLaughlin (a superb Keira Knightley) and Jean Cole (Carrie Coon, equally good). It delves into the ambiguous nature of the killings and suspects, making for a more nuanced, but nonetheless compelling experience. 2023, 15, 102MIN

SCI-FI ADVENTURE

The Creator

Prime Video ★★★★

In a war against androids and AI, soldier John David Washington is hunting down their ultimate weapon – but he's thrown when it turns out to be a cybernetic child (Madeleine Yuna Voyles). Director Gareth Edwards' sci-fi opus is stunning, utilising Thai landscapes beautifully and bringing heft to the impressive action scenes. The story may follow familiar beats, but it's gripping and highly entertaining, with the classy Washington a huge asset. 2023, 12, 133MIN

SURVIVAL THRILLER

Thirteen Lives

Prime Video ★★★★

Director Ron Howard's true-life survival tale set in Thailand re-creates how, over almost three weeks, thousands of volunteers gathered to save 12 boys and their football coach, who had ventured into a cave shortly before colossal rainfall left them trapped deep inside. Starring Viggo Mortensen, Colin Farrell and Joel Edgerton, the film is incredible when it comes to brewing tension. It's a nerve-shredding experience. 2022, 15, 132MIN

Saturday 1 March

ACTION HORROR

Prey

9.20pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

It is 1719, the setting is the Northern Great Plains and Amber Midthunder is a young Comanche. When she finds a skinned snake and a huge footprint, she knows no bear did that. And when the air shimmers as she tussles with a cougar, she knows a new danger beckons. Director Dan Trachtenberg's *Predator*-series entry strips down the concept and rebuilds it in fierce, full-bodied survivalist shapes and, crucially, it has tons of fun finding ways to notch up a skull count. Scared but determined, capable yet stretched, Midthunder proves a more-than-worthy adversary to the predator (Dane DiLiegro) – and the saga's most likeable lead yet. 2022, 15, 99MIN

Stranger danger: Amber

WAR DRAMA

Darkest Hour

6.30pm, BBC2 (not NI, Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

In May 1940 the Nazis are advancing, France is about to fall and the fate of the world hangs in the balance. Can new Prime Minister Winston Churchill rally the British people to fight on? Director Joe Wright's rousing tale is marred by some hokey scenes, but Oscar-winning Gary Oldman lets rip with the oratory as Churchill, while also showing us his human side, the booze-swigging grump as well as the statesman. He's mesmerising and gets sterling support from Kristin Scott Thomas, Lily James and Ben Mendelsohn. 2017, PG, 125MIN

ANIMATION

Migration

8pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

This bright and breezy animation about a family of mallard ducks sees the fearful dad (voiced by Kumail Nanjiana) forced by his more adventurous wife (Elizabeth Banks) into migrating with their ducklings and eccentric uncle (Danny DeVito) from their safe, but dull US pond to sunny Jamaica. It's the kind of movie kids will lap up, but has enough for adults to enjoy, too, helped with a script from Mike White (*The White Lotus* and *School of Rock*) and a plethora of cameo voices, including Awkwafina, David Mitchell and Keegan-Michael Key. 2023, U, 91MIN

ACTION FANTASY

The Great Wall

11.15pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

With an eye on each other's markets, China and Hollywood join forces for this creature feature. Matt Damon plays an Irish-ish mercenary whose quest for gunpowder in Ancient China lands him in the midst of a titanic scrap with giant prehistoric-looking beasts. Apparently they rise up every 60 years and China's Great Wall has been built to keep them back. Director Zhang Yimou gives the action plenty of vim, with the colour-coded troops (Jing Tian's blue-clad all-female group are particularly impressive) providing pleasing spectacle in the midst of combat. 2016, 12, 103MIN

THRILLER

Sicario

12.30am, BBC1 (not Scotland, Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Emily Blunt delivers a brilliant turn as a doggedly upright FBI agent whose eyes are opened to the murky realities of the war on drugs in this gripping thriller. She joins a secret government task force led by Josh Brolin's deceptively laid-back, flip-flop-wearing agent, blurring ethical lines as they criss-cross the US-Mexico border on the hunt for an elusive drug cartel kingpin. Director Denis Villeneuve stokes up a pervading sense of unease that keeps us on edge. 2015, 15, 121MIN

■ Full listings start on p35

Sunday 2 March

ADVENTURE

Beast

9pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Idris Elba takes his daughters (Iyana Halley and Leah Jeffries) to visit the African savanna where their late mother once took captivating photos. 'It's the law of the jungle' remarks Sharlto Copley's game reserve warden. 'It's only the lion that matters out here.' Elba discovers how true that is after poachers agitate a pride and one lion goes ballistic, killing whoever crosses its path. Scenes of the creature attacking the family's jeep are spectacular – and it's heartening to see Elba play a more vulnerable character than usual. However, the final confrontation takes a turn for the silly, which is a shame as until then *Beast* had the makings of a jungle classic. 2022, 15, 93MIN

Fighting tooth and claw: Idris

DRAMA

Dead Poets Society

1.20pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

A posh New England boys' school in the 1950s is the setting for this haunting film in which charismatic English teacher Robin Williams brushes aside educational conformity and urges his students (among them Sean Robert Leonard and Ethan Hawke) to 'seize the day'. Director Peter Weir avoids sentimentality by focusing on the lack of parental support and understanding that finally leads to tragedy, while Williams gives an inspirational, enthusiastic performance, lighting up his every scene. 1989, PG, 126MIN

CLASSIC

Richard III

1.30pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In one of the finest Shakespeare films ever made, Laurence Olivier's ruthless, dominant Richard III is unforgettable. The famous 'winter of our discontent' speech is the cue for some glorious villainy, while his bold decision to speak his soliloquies with no frills, straight-to-camera is captivating. No one is a match for him, but there is sterling acting, too, from John Gielgud, as the hapless Clarence drowned in a butt of malmsey, Claire Bloom as Lady Anne, seduced by Richard over her husband's coffin, and Ralph Richardson as the scheming Duke of Buckingham. 1955, U, 161MIN

THRILLER

Training Day

10pm, BBC2 (not N Ireland) ★★★

Sex ●●● Violence ●●● Language ●●●

Ethan Hawke's first day with the LAPD drug squad means an eye-opening drive around the tougher side of town with veteran – and monstrously corrupt – cop Denzel Washington. In an Oscar-winning performance, Washington is terrific. Fast-talking, streetwise and with a permanent insinuating smile, he seems to know everything about undercover police work and more. The clever way in which we are made to share Hawke's point of view generates a huge amount of suspense and the pivotal, coincidence-driven twist makes the movie. 2001, 18, 121MIN

COMEDY

Calendar Girls

10.30pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

A delightful and hilarious comedy, in which rebellious Women's Institute members in a quiet Yorkshire village Helen Mirren and Julie Walters come up with the bright (true story) idea of stripping off – in the best possible taste – for their charity calendar, much to the displeasure of fellow member Geraldine James. Celia Imrie, Annette Crosbie and Penelope Wilton are among those baring all and John Alderton plays Walters' hubby. 2003, 12, 108MIN

■ Full listings start on p45

Weekday movies over page

Monday 3 March

DRAMA

The Outrun

From 27 February, Netflix ★★★★

Sex ●○○ Violence ●●○ Language ●●○

Saoirse Ronan is on career-best form in this strikingly impressionistic drama, based on Amy Liptrot's acclaimed memoir, about a young woman whose struggle to overcome alcoholism sees her leave an out-of-control, hedonistic life in London for her childhood home in the Orkney Islands. A little too much time is spent flashing back and forth between her two loves, but Nora Fingscheidt's powerful direction and the acting (Saskia Reeves and Stephen Dillane are very good as Ronan's parents) make it a success. 2023, 15, 118MIN

Back to nature: Saoirse

CRIME DRAMA

Breaking

From 26 Feb, Netflix ★★★

Sex ○○○ Violence ●●○ Language ●●○

John Boyega's Gulf War veteran Brian is battling the Veterans' Administration to obtain much-needed funds. His desperation leads him to hold up a bank, taking two hostages. As a negotiator (Michael Kenneth Williams) and the press (Connie Britton) roll in, Brian's life and the ways he's been failed come into focus. Boyega is hugely sympathetic as a man bent by pressure and institutionalised racism in a film as quietly furious as its hero. 2022, 15, 103MIN

BIOPIC

The Wolf of Wall Street

9.45pm, Sky Award Winners ★★★★

Sex ●●● Violence ●○○ Language ●●●

Young stockbroker Jordan Belfort (Leonardo DiCaprio) picks himself up after the 1987 Wall Street crash and makes a fortune dealing in worthless shares and embracing all of the excesses that money can buy. But the net is closing in... Director Martin Scorsese's biopic is far too admiring of Belfort, but DiCaprio's no-holds-barred performance is dazzling. 2013, 18, 180MIN

ADVENTURE

The Last Duel

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Ridley Scott's historical epic is an intelligent tale of truth, justice and honour. Jean de Carrouges (Matt Damon) marries Lady Marguerite (Jodie Comer), who accuses Jacques LeGris (Adam Driver) of rape, meaning there must be a duel to the death. Scope and scale meet unreliable narrators for a thought-provoking tale of systematic abuse that explores issues of assault, consent and victimhood from different perspectives. 2021, 18, 153MIN

SATIRE

The Death of Stalin

11.55pm, BBC1 (not NI, Scot, Wales) ★★★★

Sex ○○○ Violence ●●○ Language ●●●

Armando Iannucci, the master satirist behind *The Thick of It*, skewers another bunch of politicians in this delicious black comedy. In 1953 Soviet dictator Joseph Stalin is about to pop his clogs so the country's leaders, including Jason Isaacs' Zhukov, jockey for the top spot – or simply to stay alive. A hilariously savage, slapstick pantomime. 2017, 15, 106MIN

■ Full listings start on p55

Tuesday 4 March

ACTION

Furiosa: A Mad Max Saga

8pm, Sky Women in Film ★★★★

Sex ○○○ Violence ●●○ Language ●○○

Tough, cunning and determined, Anya Taylor-Joy is ideal as Furiosa in this origins tale of the character played by Charlize Theron in George Miller's *Mad Max: Fury Road*. This brims with Miller's usual jaw-dropping action set-pieces, but is also the most fully realised of the *Mad Max* films, a spectacular opus with Taylor-Joy's beating heart at the centre of it all as Furiosa sets out to avenge the murder of her mother at the hands of bombastic, sadistic Dementus (a delightfully OTT Chris Hemsworth). 2023, 15, 148MIN

Watching her back: Anya

ROMCOM

Knocked Up

12.20pm & 10.15pm, Sky Cinema Comedy ★★★★

Sex ●○○ Violence ○○○ Language ●●○

Katherine Heigl's TV presenter finds herself pregnant after a one-night stand with Seth Rogen's slacker. While he steels himself to accept the responsibilities of parenthood, she frets about the effect her pregnancy will have on her career. Can it all lead to a happy ending? There are laughs all the way in this warm-hearted, hysterically funny mix of quirky romcom and gross-out comedy. 2007, 15, 129MIN

DRAMA

Coriolanus

11.05pm, BBC2 ★★★★

Sex ○○○ Violence ●●● Language ○○○

For his directing debut, Ralph Fiennes wrests Shakespeare's tragedy from Ancient Rome and thrusts its tale of warring cities into the present-day Balkans. Documentary-style filming and rolling news inserts give the action added urgency. Fiennes heads the strong cast in the title role as an arrogant general who wins battles but makes enemies at home, while Vanessa Redgrave, Gerard Butler and Jessica Chastain also star. 2011, 15, 123MIN

WORLD CINEMA

Hero

8pm, Sky Martial Arts ★★★★

Sex ●○○ Violence ●●○ Language ○○○

Director Zhang Yimou's epic adventure, set in feudal China in 3rd-century BC, is a classic of the martial arts genre. Stars Jet Li, Tony Leung, Maggie Cheung and Zhang Ziyi bound over water and spring over trees in balletic duels as Li's swordsman kills the Chinese Emperor's most feared enemies. The jaw-droppingly stunning action scenes and spectacular, majestic landscapes boggle the eye. Subtitled. 2002, 12, 99MIN

HORROR

You Are Not My Mother

1.50am, Film4 ★★★★

Sex ○○○ Violence ●●○ Language ●●○

When Dublin schoolgirl Hazel Doupe's troubled mum (Carolyn Bracken) suddenly disappears – then reappears, having undergone a drastic change in personality – she uncovers a dark secret, leading to an unsettling family affair... This brooding coming-of-age tale cleverly subverts expectations, refashioning folklore to its own disturbing ends. 2021, 15, 93MIN

■ Full listings start on p65

Wednesday

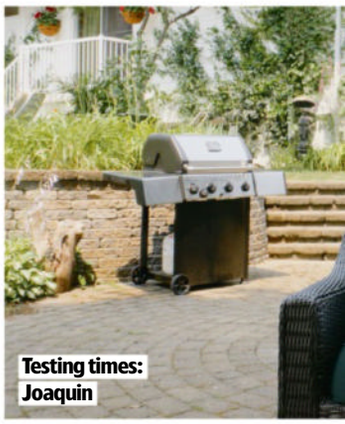
COMEDY DRAMA

Beau Is Afraid

Available now, Netflix ★★★★

Sex ●●○ Violence ●●○ Language ●●○

Joaquin Phoenix stars as a troubled man about to visit his successful, domineering mother (Patti LuPone). Residing in a dilapidated apartment on the US's most dangerous corner, Beau is living in a hell of his own delusion. Bodies go ignored


Testing times: Joaquin

COMEDY

Jules

7.20am & 11.30pm, Sky Cinema Comedy ★★★

Sex ○○○ Violence ○○○ Language ●○○

Everyone dismisses loner Milton (Ben Kingsley) when he claims a UFO has crashed in his garden, attributing his story to incipient dementia. That he is telling the truth and now has a pint-sized alien (Jade Quon) for a houseguest enables this unassuming, amusing curio to gently channel *Cocoon*, as Kingsley's fellow oldsters Harriet Sansom Harris and Jane Curtin help him return Jules to orbit. 2023, 12, 87MIN

THRILLER

Changing Lanes

2.30pm, Sky Thriller ★★★★

Sex ○○○ Violence ●○○ Language ●●○

An arrogant lawyer (Ben Affleck) needs to get to court and a dad (Samuel L Jackson) is desperate to reach his custody hearing. But, when their cars collide in a minor accident and Affleck leaves Jackson stranded on the highway – along with his vital case file – a tit-for-tat war leads them to try to ruin each other's lives. The stars are on top form in this intelligent, thoughtful and well-written thriller. 2002, 15, 99MIN

5 March

in the road, a venomous spider is in his building and a starkers killer roams the streets. Should any of this be taken at face value? Unlikely. Operating in the realm of psychosis and metaphor, writer-director Ari Aster flips events from hysterically funny to horrifying in a heartbeat. A film so singular it deserves to be celebrated. 2023, 15, 179MIN

THRILLER

Zero Dark Thirty

10.25pm, Sky Women in Film ★★★★★

Sex ●●● Violence ●●● Language ●●●

Brilliantly capturing the intensity and uncertainty of America's decade-long quest to catch al-Qaeda terrorist leader Osama bin Laden after 9/11, director Kathryn Bigelow's complex and nerve-shredding drama is breathtaking. Oscar-nominated Jessica Chastain is outstanding as a CIA agent who follows even the thinnest of clues, hints and hunches with resolve and single-minded tenacity. 2012, 15, 157MIN

HORROR COMEDY

Ready or Not

11.55pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Shotgun wedding takes on a new meaning in this horror comedy as Samara Weaving's bride – who's married into a filthy rich clan – finds herself playing a deadly version of hide-and-seek on her wedding night. Can she evade her murderous new family until dawn? Bloody gore and cutting black comedy are the name of the game and Weaving is terrific as she holds her nerve. 2019, 18, 95MIN

■ Full listings start on p75

Thursday 6 March

DOCUMENTARY

Grand Theft Hamlet

Available now, Mubi ★★★★

Sex ●●● Violence ●●● Language ●●●

As lockdown projects go, they don't come much more comically bizarre than staging a production of Shakespeare's tragedy within the world of the videogame *Grand Theft Auto Online*. But that's what out-of-work actors Sam Crane and Mark Oosterveen set out to do as an escape from Covid. They assembled a cast from a motley crew of gamers – and their weird avatars – and Crane's partner, film-maker Pinny Grylls, helped shape the results into this documentary. It's inventive, touching and insightful. 2024, 15, 91MIN

To be or not to be Hamlet?

DRAMA

Made in Italy

7.10pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Liam Neeson and his real-life son Micheál Richardson play a father and son tasked with refurbishing and selling an old family home in Tuscany. This house, as these things tend to go, contains many bitter and tragic memories, all of which will be kicked back up with all the unsettled dust as the men go about their work. This is a lightly comic, fairly dry drama, but it's nicely played and the scenery's a picturesque distraction. 2020, 15, 94MIN

FAMILY

The Secret Garden

8.10am & 11.05pm, Sky Kids Books ★★★★

Sex ●●● Violence ●●● Language ●●●

Frances Hodgson Burnett's novel about a neglected girl's discovery of an equally neglected garden receives an enchanting new telling in this beautiful family film. Dixie Egerickx stars as an orphan who gets sent to her uncle's gloomy Yorkshire estate, where she comes upon an abandoned garden in the grounds and sets about bringing it back to life with the help of her sick cousin and a local boy. 2020, PG, 100MIN

DRAMA

The United States vs Billie Holiday

12.05pm & 10pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

Andra Day plays legendary jazz singer Billie Holiday, whose drug addiction is exploited by the FBI as part of their plan to quell the impact of *Strange Fruit*, a protest song against lynching. Day's husky vocals are hypnotic and she also powerfully evokes Holiday's desperation off-stage. It's a pity, then, that the film as a whole lacks the depth to be fully effective as a vehicle for a fascinating tale. 2021, 15, 130MIN

COMEDY

In the Loop

9pm, BBC4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Peter Capaldi gives a tour-de-force performance as the Prime Minister's foul-mouthed Director of Communications in a terrific big-screen spin-off from *The Thick of It*. With the dialogue as rude as it is brilliant, this is a sharp-witted, side-splitting satire of both British and US politics. The game cast includes Tom Hollander, James Gandolfini and Mimi Kennedy. 2009, 15, 106MIN

■ Full listings start on p85

Friday 7 March

DRAMA

Aisha

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Having fled her native Nigeria after the murder of her father and brother, traumatised Aisha (Letitia Wright) endures living in limbo in Dublin while awaiting her asylum application hearing. Can she trust a seemingly helpful security guard (Josh O'Connor) who has his own troubled past? In a well-handled drama that steers clear of melodrama in favour of understated naturalism, Wright powerfully conveys Aisha's quiet dignity and resolve in the face of mounting adversity. 2022, 12, 94MIN

Walking tall: Josh and Letitia

COMEDY MUSICAL

Mamma Mia!

11.45am, Sky Women in Film ★★★★

Sex ●●● Violence ●●● Language ●●●

A glitzy adaptation of ABBA's fabulous stage musical. Some of the vocals are ropey, but just let yourself be swept along by the sheer exuberance of it all. Meryl Streep kicks up a storm as a hippie running a hotel on a Greek island, whose daughter (Amanda Seyfried) is getting married and wants to meet her dad – so secretly invites her mother's ex-lovers (Pierce Brosnan, Colin Firth and Stellan Skarsgård). 2008, PG, 109MIN

ACTION COMEDY

The Hitman's Wife's Bodyguard

9pm, ITV2 ★★★

Sex ●●● Violence ●●● Language ●●●

This brash, funny sequel does exactly what it says on the bullet-riddled tin. Relishing their roles, smart-mouth bodyguard Ryan Reynolds (who's now sworn off guns), hitman Samuel L Jackson and his nutty wife Salma Hayek enjoy a madcap mission to bring down Antonio Banderas' slippery bad guy, who's got hold of a drill that can cause a devastating power surge across Europe. 2020, 15, 100MIN

THRILLER

The Infernal Machine

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

When reclusive Bruce Cogburn (a magnificently committed Guy Pearce, sporting a commendable northern accent) is hounded by a determined fan/harasser, it leads him down a twisty, shifty rabbit-hole. Gruff alcoholic Cogburn's only book was used by a mass shooter as his main influence 25 years earlier, which has given him writer's block since. But there's more than meets the eye in this slow-burn chiller that also stars Alice Eve. 2022, 15, 111MIN

HORROR

X

1.10am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

It's 1979 and a group of friends retreat to a Texas farm to make a porn film. But when the old couple who it belongs to find out, bloody carnage ensues... Ti West's retro horror relishes the look and feel of its era's chillers, but puts his own devilish spin on proceedings, helped by a game cast headed by a wonderfully off-kilter Mia Goth (as one of the porn party and the farm owner). 2022, 18, 105MIN

■ Full listings start on p95

Sport week

ultimate guid best the week's live action

Defender Nikola Katic heading the ball for Plymouth Argyle

THE MAIN EVENT

FA Cup fifth round

Liverpool, Arsenal, Chelsea and Spurs have already been knocked out of this season's FA Cup. So, which Premier League giant will be next to fall? Here's our guide to the fifth round's seven televised ties…

Can **giant-killers Plymouth Argyle** pull off another sensational upset?

SUNDAY

Newcastle United v Brighton

Kick-off 1.45pm, ITV1

The Magpies are already guaranteed one Wembley appearance this season, as they prepare for the EFL Cup final against Liverpool on 16 March. Eddie Howe's men will be keen to make the most of home advantage against a Brighton side that won the sides' league meeting at St James' Park in October when Danny Welbeck scored the only goal.

Brighton's Danny Welbeck

FRIDAY 28 FEBRUARY

Aston Villa v Cardiff City

Kick-off 8pm, ITV1

Seven-time winners Villa are in the fifth round for the first time in a decade, while 2008 finalists Cardiff last reached this stage in 2014. Unai Emery's Villa side – including two-time winner Marcus Rashford – will fancy their chances of a first trophy since the League Cup in 1996.

Marcus Rashford

SATURDAY

Crystal Palace v Millwall

Kick-off 12.15pm, BBC1

Teenage winger Romain Esse faces his former club in this tasty south London derby after switching from Millwall to Palace in January for £12 million. The sides last met in the Cup in 2022 when the Eagles' Jean-Philippe Mateta was on the scoresheet in a 2-1 win.

Romain Esse of Crystal Palace

Preston North End v Burnley

Kick-off 12.15pm, BBC iPlayer

Remarkably, the Lancashire rivals have never met in the FA Cup before, and this Deepdale tie will ensure at least one Championship side in the quarter-finals. The sides met in the league on 15 February when Clarets keeper James Trafford kept a clean sheet in a 0-0 draw – his 11th consecutive league shut-out, a record in the second tier.

James Trafford

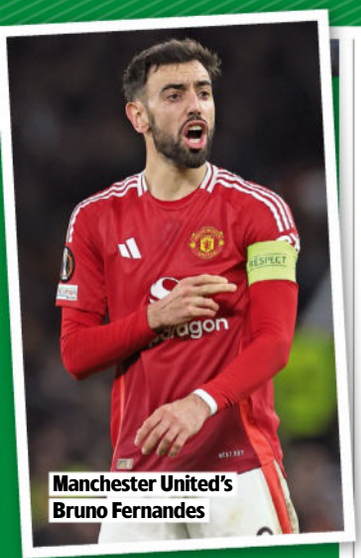
Manchester City v Plymouth Argyle

Kick-off 5.45pm, ITV4

Argyle produced one of the Cup's greatest upsets when a penalty from Ryan Hardie dispatched Liverpool at Home Park. The reward is a massive tie against Pep Guardiola's City, who have not lost to a lower-league side since 2018, but narrowly avoided a giant-slaying by Leyton Orient in the fourth round.

Man City boss Pep Guardiola

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY


Manchester United's Bruno Fernandes

Manchester United v Fulham

Kick-off 4.30pm, BBC1

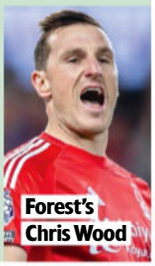
Captain Bruno Fernandes would love another good Cup campaign to ease some of the pressure on an underperforming United. The holders have done the league double over Fulham this season, and also won a fiery Cup quarter-final encounter at Old Trafford two years ago that saw the Cottagers reduced to nine men, plus a red card for boss Marco Silva.

MONDAY

Nottingham Forest v Ipswich Town

Kick-off 7.30pm, ITV4

A second-string Forest needed penalties to get past 10-man Exeter City in the fourth round, while Ipswich fielded an equally weakened side in a 4-1 romp at Coventry as the Tractor Boys progressed to the fifth round for the first time since 2007. A Chris Wood penalty separated the sides when they met in the league at the City Ground in November.


Forest's Chris Wood

Defending champion Jorge Martín of Spain

Martín took the top prize last year

LIVE MOTORCYCLING

New MotoGP season

Saturday & Sunday, TNT Sports 2 & Discovery+

Prima Pramac Racing's Jorge Martín became the first independent team rider to be crowned world champion when he pipped Ducati's Francesco Bagnaia to the title last year. The Spaniard won just three races compared with 11 chequered flags for Bagnaia, but his 32 podiums across sprints and races earned him the title by 10 points. The 27-year-old has since switched to Italian manufacturer Aprilia Racing, but broke his hand in pre-testing and faces a race to be fit for the 2025 opener in Thailand. In a new deal this season, free-to-view channel Quest will also be showing the sprint races later on Saturdays, while TNT Sports and Discovery+ will have live coverage of all Moto2, Moto3 and MotoGP sessions.

Kyren Wilson

LIVE SNOOKER

World Grand Prix

From Tuesday, TNT Sports 1, TNT Sports 2 & Discovery+

TNT Sports broadcasts its first live snooker event when the top 32 players in the world gather for the World Grand Prix. Staged at the 4,000-capacity Kai Tak Arena, the event could see a record crowd for a snooker match as Hong Kong stages its first ranking contest in 35 years. Among those due to compete for the record total prize money of £700,000 are defending champion Ronnie O'Sullivan and world champion Kyren Wilson.

LIVE RUGBY LEAGUE

Wigan Warriors v Warrington Wolves

Saturday, kick-off 9.30pm, Sky Sports Action, Sky Sports Main Event, Sky Mix & Sky Showcase

Super League gets a sprinkle of Vegas glamour this week as Wigan and Warrington contest the first-ever fixture to be played in the USA. The rivals will meet at the 65,000-capacity Allegiant Stadium in Nevada, home of NFL side Las Vegas Raiders. The round-three clash kicks off a rugby league extravaganza at the stadium, which also features two NRL games and a women's international between England and Australia in the early hours of Sunday morning (k-o 2.15am).

Wigan Warriors' Liam Farrell

Norway's Jakob Ingebrigtsen

LIVE ATHLETICS

European Indoor Championships

From Thursday, BBC2 & BBC3

Apeldoorn in the Netherlands stages the four-day event. Last time out, in 2023, Great Britain came third in the medal table, with three golds, including Laura Muir in the 1,500m. The action kicks off on Thursday, while Friday's finals include the men's 1,500m featuring Norway's Jakob Ingebrigtsen, who set a new indoor world record of 3min 29.63sec in France on 13 February.

Sport A-Z and football planner »»

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Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
			A	M	J			S	O		

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- A half day excursion to the capital, Santa Cruz, and the colonial city of La Laguna
- A full day island excursion, taking in the Basilica de la Candelaria and some of Tenerife's most spectacular landscapes

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
			A	M				S	O	N	

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Fully Guided | 7 Nights | 3★ Half board, 4★ Half board

- Flights from London Gatwick, Edinburgh or Dublin to Dubrovnik
- 7 nights in Dubrovnik
- A city excursion of Dubrovnik's walled Old Town, with entrance to the Franciscan Monastery and City Cathedral included
- A full day boat trip to the Elaphite Islands
- A full day excursion to the island of Korcula to include a drive along the scenic Peljesac peninsula and a tour of Korcula's Old Town

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
			A	M				S	O		

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- A full day excursion to Granada including a visit to the Alhambra Palace and Fortress
- A full day excursion to Seville

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
			A	M	J		A	S	O	N	

Classic Tuscany including Florence & Pisa

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- 7 nights in Montecatini, a beautiful town built around its mineral water springs
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- A full day excursion to Siena, followed by a visit to San Gimignano

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
		M	A	M	J	J	A	S	O		

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Sport week A-Z GUIDE

ATHLETICS

LIVE Tokyo Marathon
Sat 12m't TNT Sports 4

LIVE European Indoor Championships
Thu 5pm BBC2 & 8pm BBC3; Fri 8am & 6.30pm BBC2
Days one and two from Apeldoorn, Netherlands. See page 29.

AUSTRALIAN RULES

LIVE Brisbane Lions v Geelong Cats
Thu 8.45am TNT Sports 1

LIVE Sydney Swans v Hawthorn Hawks
Fri 8.30am TNT Sports 3

BASKETBALL

LIVE Stanford Cardinal v SMU Mustangs
Sat 10pm Sky Sports Mix

LIVE Charlotte Hornets v Washington Wizards
Sat 11pm TNT Sports 2

LIVE Duke Blue Devils v Florida State Seminoles
Sat 12m't Sky Sports Mix

LIVE Boston Celtics v Denver Nuggets
Sun 6pm TNT Sports 2

LIVE New York Knicks v Golden State Warriors
Tue 12.30am TNT Sports 1

LIVE Phoenix Suns v Los Angeles Clippers
Tue 3am TNT Sports 1

LIVE Alabama Crimson Tide v Florida Gators
Wed 12m't Sky Sports Mix

LIVE Notre Dame Fighting Irish v Stanford Cardinal
Wed 2am Sky Sports Mix

LIVE Milwaukee Bucks v Dallas Mavericks
Wed 2.30am TNT Sports 1

LIVE Boston Celtics v Philadelphia 76ers
Thu 12.30am TNT Sports 1

LIVE Los Angeles Lakers v New York Knicks
Thu 3am TNT Sports 1

BOXING

LIVE Ryan Garner v Salvador Jimenez
Sat 7pm TNT Sports 1

LIVE Natasha Jonas v Lauren Price
Fri 7pm Sky Sports Main Event, Sky Sports+ & Sky Showcase

Boxing
Harlem Eubank (below) faces Tyrone McKenna for the IBF Intercontinental Welterweight title in Brighton on Friday

LIVE Harlem Eubank v Tyrone McKenna
Fri 9pm Channel 5

COMBAT SPORTS

LIVE Manel Kape v Asu Almabayev
Sat 12m't TNT Sports 1 & TNT Sports 3

CRICKET

LIVE South Africa v England
Sat 8.30am Sky Sports Main Event & Sky Sports Cricket
The Champions Trophy Group B match staged at National Stadium.

LIVE Royal Challengers Bengaluru v Delhi Capitals
Sat 1.50pm Sky Sports Mix

LIVE India v New Zealand
Sun 8.30am Sky Sports Main Event & Sky Sports Cricket
Champions Trophy Group A game.

LIVE UP Warriorz v Gujarat Giants
Mon 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE New Zealand v Sri Lanka
Mon 12.30am TNT Sports 1 & Thu 10pm TNT Sports 4
Coverage of the first and second ODIs.

LIVE ICC Champions Trophy
Tue 8.30am Sky Sports Main Event & Sky Sports Cricket
The opening semi-final.

LIVE ICC Champions Trophy
Wed 8.30am Sky Sports Main Event & Sky Sports Cricket
The second semi-final at Gaddafi Stadium.

LIVE UP Warriorz v Mumbai Indians
Thu 1.50pm Sky Sports Cricket

LIVE Gujarat Giants v Delhi Capitals
Fri 1.50pm Sky Sports Cricket

CYCLING

LIVE Omloop Het Nieuwsblad
Sat 12.30pm TNT Sports 2

LIVE O Gran Camino
Sat 2.30pm & Sun 12.30pm TNT Sports 3

LIVE Kuurne-Brussels-Kuurne
Sun 1.30pm TNT Sports 2

LIVE Le Samyn
Tue 12.30pm TNT Sports 1

LIVE Laiguella Trophy
Wed 1pm TNT Sports 1

DARTS

LIVE UK Open
Sat 12.45pm ITV4 & 7pm ITV3; Sun 12.45pm & 7pm ITV4

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports+

GOLF

LIVE HSBC Women's World Championship
Sat 6am & 2.30am Sky Sports Golf
Days three and four in Singapore.

LIVE Icons Series
Sat 6.30am Sky Sports+; Sat & Sun 6.30am Sky Sports Mix & 7.30am Sky Sports Golf
Days one and two in Thailand.

LIVE Investec South African Open Championship
Sat & Sun 10.30am Sky Sports Golf; Sun 9.30am Sky Sports+
Days three and four from Durban.

LIVE Cognizant Classic
Sat 3pm & Sun 2.30pm Sky Sports Golf; Sun 8pm Sky Sports Main Event
Days three and four in Florida.

LIVE The Bay v Los Angeles
Mon 8pm Sky Sports Main Event & Sky Sports Golf

LIVE New York v Boston Common
Mon 12m't Sky Sports Main Event & Sky Sports Golf

LIVE Blue Bay LPGA
Thu & Fri 6am Sky Sports Main Event & Sky Sports Golf
Days one and two.

LIVE Women's Asian Amateur Golf Championship
Thu 7am, Fri 7am & 4am Sky Sports+; Thu & Fri 9am Sky Sports Golf
Days one to three from Vietnam.

LIVE Joburg Open
Thu & Fri 11am Sky Sports Main Event & Sky Sports Golf
Days one and two in South Africa.

LIVE Arnold Palmer Invitational
Thu & Fri 12.30pm Sky Sports Main Event & Sky Sports+, 4pm Sky Sports Golf
Days one and two in Orlando.

LIVE LIV Golf
Thu & Fri 4am ITV1
Days one and two from Hong Kong.

LIVE Australian WPGA Championship
Fri 12m't Sky Sports Golf
The third day in Queensland.

HORSE RACING

LIVE Kelso
Sat 1pm ITV1

ICE HOCKEY

LIVE Columbus Blue Jackets v Detroit Red Wings
Sat 11pm Premier Sports 2

LIVE Carolina Hurricanes v Edmonton Oilers
Sat 12m't Premier Sports 1

LIVE New York Rangers v New York Islanders
Mon 12m't Premier Sports 1

LIVE Florida Panthers v Tampa Bay Lightning
Mon 12m't Premier Sports 2

LIVE Boston Bruins v Nashville Predators
Tue 12m't Premier Sports 2

LIVE Dallas Stars v New Jersey Devils
Tue 1am Premier Sports 1

LIVE New York Rangers v Washington Capitals
Wed 12.30am Premier Sports 2

LIVE Los Angeles Kings v St Louis Blues
Wed 3.30am Premier Sports 1

LIVE Philadelphia Flyers v Winnipeg Jets
Thu 12m't Premier Sports 2

LIVE Nashville Predators v Seattle Kraken
Thu 2.30am Premier Sports 1

LIVE Washington Capitals v Detroit Red Wings
Fri 12m't Premier Sports 2

LIVE Vegas Golden Knights v Pittsburgh Penguins
Fri 3am Premier Sports 1

MOTORCYCLING

LIVE The Grand Prix of Thailand MotoGP sprint race
Sat 7.45am TNT Sports 2

LIVE Asia Talent Cup
Sat 2.30am TNT Sports 2

LIVE The Grand Prix of Thailand Moto3 race
Sat 4am TNT Sports 2

LIVE The Grand Prix of Thailand Moto2 race
Sun 6am TNT Sports 2

LIVE The Grand Prix of Thailand MotoGP race
Sun 7.15am TNT Sports 2
The first round of the season from Chang International Circuit. See p29.

MOTORSPORT

LIVE Indycar
Sat 3pm & 7.30pm, Sun 2pm & 5pm Sky Sports F1

LIVE Indy NXT
Sun 3pm Sky Sports F1

LIVE Motocross World Championship
Sun 3pm & 6pm TNT Sports 3

RUGBY LEAGUE

LIVE Wakefield Trinity v St Helens
Sat 2.25pm BBC2 & Sky Sports+ streaming (kick-off 2.30pm)
The Super League game.

LIVE Wigan Warriors v Warrington Wolves
Sat 8.30pm Sky Sports Main Event, Sky Sports Action, Sky Showcase & Sky Mix (kick-off 9.30pm)
The Super League match staged in Las Vegas, Nevada. See page 29.

LIVE Canberra Raiders v New Zealand Warriors
Sat 12m't Sky Sports Main Event & Sky Sports Action (k-o 12m't)
The NRL game in Las Vegas.

LIVE Australia v England
Sat 2am Sky Sports Main Event & Sky Sports Action (kick-off 2.15am)
The women's international, staged at Allegiant Stadium, Las Vegas.

LIVE Penrith Panthers v Cronulla-Sutherland Sharks
Sat 4.30am Sky Sports Main Event & Sky Sports Action (kick-off 4.30am)
The NRL match from Las Vegas.

LIVE Sydney Roosters v Brisbane Broncos
Thu 9am Sky Sports Main Event & Sky Sports Action

LIVE Hull FC v Leigh Leopards
Thu 7.30pm Sky Sports Action (kick-off 8pm) The Super League match staged at MKM Stadium.

LIVE Dolphins v South Sydney Rabbitohs
Fri 9am Sky Sports Main Event & Sky Sports Action

LIVE St Helens v Hull Kingston Rovers
Fri 7.30pm Sky Sports Action (kick-off 8pm) The Super League fixture at Totally Wicked Stadium.

RUGBY UNION

LIVE Hurricanes v Blues
Sat 6am Sky Sports Action

LIVE Western Force v Queensland Reds
Sat 8.30am Sky Sports Action

LIVE Lions v Sharks
Sat 12noon Premier Sports 1

LIVE Premiership Women's
Sat & Sun 2.30pm TNT Sports 1

LIVE Bulls v Stormers
Sat 2.30pm Premier Sports 1

LIVE Leinster v Cardiff
Sat 2.30pm Premier Sports 2 & 2.45pm S4C (kick-off 3pm)

LIVE Ulster v Scarlets
Sat 5pm BBC2 (N Ireland only), S4C & Premier Sports 2 (kick-off 5.15pm)

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Football planner

LIVE Glasgow Warriors v Ospreys
Sat 7pm Premier Sports 1 (kick-off 7.35pm)

LIVE Connacht v Benetton
Sat 7.15pm Premier Sports 2 (kick-off 7.35pm)

LIVE Blues v Brumbies
Fri 6am Sky Sports Action

LIVE Scotland v Wales
Fri 7pm S4C (kick-off 7.15pm)
Under-20s Six Nations.

LIVE Premiership Rugby Cup
Fri 7pm TNT Sports 1

LIVE Fijian Drua v Chiefs
Fri 3.30am Sky Sports Action

SKIING

LIVE Alpine Skiing
Sat 8.30am, Sun 8.30am & 11.30am, Fri 9.30am TNT Sports 1; Sat 9.30am TNT Sports 2; Sun 9.30am TNT Sports 3

LIVE Freestyle Skiing
Sat & Sun 9am TNT Sports 4

LIVE Nordic Combined Skiing
Sat & Sun 11am & 3pm, Thu 10am & 2pm TNT Sports 4; Sun 11am TNT Sports 1

LIVE Cross Country Skiing
Sat & Sun 1pm, Tue 12noon & 2.30pm, Wed 7.45am, 10am & 1.30pm, Thu 11.30am & Fri 1pm TNT Sports 4

LIVE Ski Jumping
Sat 4pm & 7.30pm, Sun 4pm, Wed 3pm, Thu 3.15pm & Fri 11.15am & 3.15pm TNT Sports 4; Fri 3.15pm TNT Sports 1

LIVE Ski Mountaineering
Mon 11am & Thu 1pm TNT Sports 1

SNOOKER

LIVE World Open
Sat 6am & 11.30am TNT Sports 3

LIVE World Grand Prix
Mon 5am, Tue-Fri 11.30am & 5am TNT Sports 2; Wed 6.30am TNT Sports 1
Coverage from Hong Kong. See p29.

TENNIS

LIVE ATP Dubai Championships final
Sat 3pm Sky Sports Tennis

LIVE WTA Texas Open
Sat & Sun 7.30pm Sky Sports Tennis

LIVE ATP Acapulco Open final
Sat 3am Sky Sports Tennis

LIVE ATP Santiago Open final
Sun 10.30pm Sky Sports+ & Sky Sports Tennis

LIVE WTA Merida Open final
Sun 11pm Sky Sports Main Event & Sky Sports Tennis

LIVE Eisenhower Cup
Tue 3.30am Sky Sports Main Event & Sky Sports Tennis

LIVE Indian Wells Open
Wed 7pm, Thu & Fri 11pm Sky Sports+; Wed-Fri 7pm Sky Sports Tennis; Wed 10.30pm, Thu 11.30pm & Fri 11pm Sky Sports Main Event

WINTER SPORTS

LIVE Snowboarding
Sun 10.30am TNT Sports 2

LIVE Biathlon
Thu & Fri 5.15pm TNT Sports 4; Fri 5.15pm TNT Sports 1

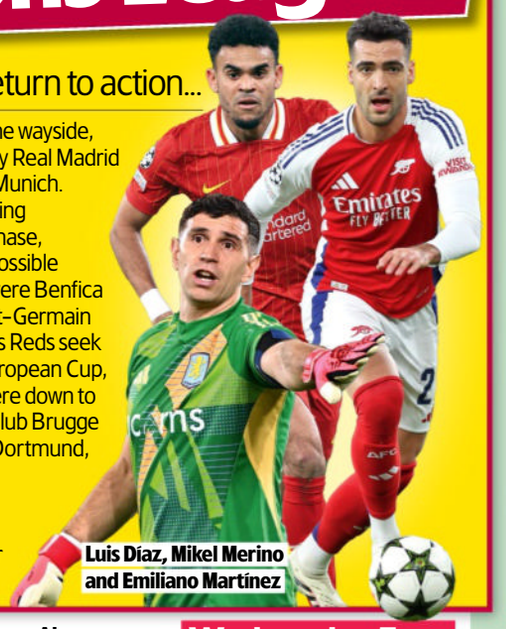
Champions League

The remaining British clubs return to action...

As the new-look format of the Champions League reaches the round-of-16 this week, the three British clubs play their first-leg fixtures across Tuesday and Wednesday on TNT Sports and Prime Video.

The draw had yet to take place as *TV&Satellite Week* went to press, but Liverpool, Arsenal and Aston Villa will all be hoping for favourable match-ups after qualifying automatically by finishing in the top eight of the league phase. However, Manchester City and Celtic both fell by the wayside, dispatched by Real Madrid and Bayern Munich.

After topping the league phase, Liverpool's possible opponents were Benfica or Paris Saint-Germain as Arne Slot's Reds seek a seventh European Cup, while Villa were down to face one of Club Brugge or Borussia Dortmund, and Arsenal matched against PSV Eindhoven or Feyenoord.


Luis Díaz, Mikel Merino and Emiliano Martínez

Saturday 1

LIVE Brisbane Roar v Melbourne Victory
6am TNT Sports 1 (kick-off 6am)
The A-League match.

LIVE Western United Women v Melbourne Victory Women
7am TNT Sports 4 (kick-off 7am)
The A-League game.

LIVE Leeds United v West Bromwich Albion
11am Sky Sports Football (kick-off 12.30pm)
The Championship match staged at Elland Road.

LIVE Crystal Palace v Millwall
12noon BBC1 (kick-off 12.15pm)
The FA Cup fifth-round game at Selhurst Park. See page 28.

LIVE Preston North End v Burnley
BBC iPlayer (kick-off 12.15pm)
The FA Cup fifth-round clash from Deepdale. See page 28.

LIVE Blackburn Rovers v Norwich City
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship match staged at Ewood Park.

LIVE St Mirren v Celtic
5pm Sky Sports Football & 5.30pm Sky Sports Main Event (kick-off 5.30pm)
The Scottish Premiership match staged at SMISA Stadium.

LIVE Manchester City v Plymouth Argyle
5pm ITV4 (kick-off 5.45pm)
Coverage of the FA Cup fifth-round match from Etihad Stadium. Pep Guardiola's side scraped a 2-1 victory at Leyton Orient to set up a home tie against the Pilgrims, who made headlines by dumping out eight-time champions Liverpool with a 1-0 win at Home Park.

LIVE Eintracht Frankfurt v Bayer Leverkusen
5.20pm Sky Sports+ (kick-off 5.30pm)
Coverage of the Bundesliga game.

LIVE Serie A
7.30pm TNT Sports 2

LIVE Wellington Phoenix Women v Adelaide United Women
3am TNT Sports 4 (kick-off 3am)
Coverage of the A-League match.

Sunday 2

LIVE Western Sydney Wanderers v Perth Glory
6am TNT Sports 1 (kick-off 6am)
Coverage of the A-League fixture.

LIVE Sydney FC Women v Brisbane Roar Women
6am TNT Sports 3 (kick-off 6am)
Coverage of the A-League match.

LIVE Hibernian v Hearts
11.30am Sky Sports Football & 12.30pm Sky Sports Main Event (kick-off 12.30pm)
The Scottish Premiership game.

LIVE Newcastle United v Brighton & Hove Albion
12.45pm ITV1 (kick-off 1.45pm)
Coverage of the FA Cup fifth-round match at St James' Park. Newcastle have beaten two lower-league teams so far in this competition in Bromley and Birmingham City and will be looking to move a step closer to another cup final.

LIVE Leganes v Getafe
12.55pm Premier Sports 2 (kick-off 1pm)
Coverage of the LaLiga fixture.

LIVE Brighton & Hove Albion v Chelsea
2pm Sky Sports Premier League & Sky Showcase; 3pm Sky Sports Main Event & Sky Sports Football (kick-off 3pm)
The Women's Super League match from Broadfield Stadium.

LIVE Union Berlin v Holstein Kiel
2.20pm Sky Sports Mix & 2.30pm Sky Sports+ (kick-off 2.30pm)
Coverage of the Bundesliga match.

LIVE Aberdeen v Dundee United
2.30pm Premier Sports 1 (kick-off 3pm)
The Scottish Premiership encounter from Pittodrie.

LIVE Real Betis v Real Madrid
3.10pm Premier Sports 2 (kick-off 3.15pm)
Coverage of the LaLiga match from Estadio Benito Villamarin.

LIVE Manchester United v Fulham
4pm BBC1 (kick-off 4.30pm)
The FA Cup fifth-round fixture at Old Trafford. Holders United have eliminated two top-flight teams in Arsenal and Leicester City in this competition, while the Cottagers defeated Watford and Wigan Athletic to reach this stage.

LIVE Hibernian v Celtic
4pm BBC Alba (kick-off 4.10pm)
Coverage of the SWPL match at Meadowbank Stadium.

LIVE FC Augsburg v SC Freiburg
4.30pm Sky Sports+ & Sky Sports Mix (kick-off 4.30pm)
Coverage of the Bundesliga fixture staged at WWK ARENA.

LIVE Arsenal v West Ham United
5pm Sky Sports Main Event, Sky Sports Premier League, Sky Sports Football & Sky Showcase (kick-off 5.30pm)
Coverage of the Women's Super League match at Meadow Park.

LIVE Mallorca v Alaves
5.25pm Premier Sports 2 (kick-off 5.30pm)
The LaLiga clash.

LIVE Serie A
7.30pm TNT Sports 1

LIVE Osasuna v Valencia
7.55pm Premier Sports 2 (kick-off 8pm)
Coverage of the LaLiga match.

Monday 3

LIVE Nottingham Forest v Ipswich Town
6.45pm ITV4 (kick-off 7.30pm)
The FA Cup fifth-round, match staged at the City Ground. Forest were pushed to the limit away to League One Exeter City in the previous round. Meanwhile, Ipswich put their league struggles behind them in the fourth round when they won 4-1 away to Coventry City.

LIVE Villarreal v Espanyol
7.55pm Premier Sports 1 (kick-off 8pm)
Action from LaLiga.

Tuesday 4

LIVE Champions League
5.30pm TNT Sports 2
A last-16 first-leg tie.

LIVE Champions League
6.30pm Prime Video
A top last-16 first-leg fixture.

LIVE Champions League
7pm TNT Sports 1
The first leg of a last-16 fixture.

LIVE Airdrieonians v Falkirk
7.30pm BBC Scotland (kick-off 7.45pm)
The Scottish Championship match.

LIVE Wycombe Wanderers v Burton Albion
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The League One encounter.

LIVE Dumbarton v Arbroath
7.35pm BBC Alba (kick-off 7.45pm)
The Scottish League One match.

LIVE Bolton Wanderers v Birmingham City
7.35pm Sky Sports+ (kick-off 7.45pm)
Coverage of the League One game.

LIVE Champions League
7.45pm TNT Sports 2
Coverage of a last-16 first leg.

Wednesday 5

LIVE Champions League
5.30pm TNT Sports 3
The first leg of a last-16 match.

LIVE Chelsea v Leicester City
7pm Sky Sports Main Event, Sky Sports Football & Sky Sports Mix (kick-off 7.30pm)
The WSL game from Kingsmeadow.

LIVE Champions League
7pm TNT Sports 1
Coverage of a last-16 first-leg.

LIVE Champions League
7pm TNT Sports 2
The first leg of a last-16 fixture.

LIVE Champions League
7.45pm TNT Sports 3
Coverage of a last-16 first-leg.

Thursday 6

LIVE Conference League
5pm TNT Sports 1
The first leg of a last-16 match.

LIVE Europa League
7pm TNT Sports 2
Coverage of a last-16 first leg.

LIVE Europa League
7pm TNT Sports 3
The first leg of a last-16 fixture.

LIVE Europa League
7.45pm TNT Sports 4
Coverage of a last-16 first leg.

LIVE Europa League
7.45pm TNT Sports 1
The first leg of a last-16 fixture.

Friday 7

LIVE Melbourne City v Macarthur FC
8.30am TNT Sports 4 (kick-off 8.35am)

LIVE Perth Glory Women v Western United Women
11am TNT Sports 1 (kick-off 11am)
Action from the A-League.

LIVE Borussia Moenchengladbach v FSV Mainz 05
7.20pm Sky Sports Mix (kick-off 7.30pm)
The clash in the Bundesliga.

LIVE Norwich City v Oxford United
7.30pm Sky Sports Football (kick-off 8pm)
The Championship match being staged at Carrow Road.

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Saturday

1 March

Evening Planner

Football

FA Cup
BBC1, ITV4 & BBC iPlayer
Coverage includes Crystal Palace v Millwall, and what could be a exciting clash between Man City and Plymouth.

Awards

The Brit Awards
ITV1, 8.15pm
Jack Whitehall presents the awards from London's O2, with performances from artists including Sam Fender and JADE.

Crime Drama

The One That Got Away
BBC4, 9pm & 10pm (box set, BBC iPlayer)
Thriller starring Elen Rhys as DI Ffion Lloyd, who has to reconnect with her former lover DS Rick Sheldon for a case.

Rugby League

Super League
Sky Mix/Showcase, Sky Sports Main Event/Action, kick-off 9.30pm
Wigan Warriors face Warrington Wolves for this league game in Las Vegas.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.45 Michael McIntyre's Big...	7.45 The Weakest Link		8.30 Casualty	9.20 Dope Girls		10.15 News	10.35 Match of...
	102 BBC2	‹ 6.30 Film: Darkest Hour			8.30 Elkie Brooks at the BBC		9.35 Elkie Brooks: Sight and Sound in...		10.35 Elkie...
	103 ITV1	7.00 Britain's Got Talent		8.15 The Brit Awards					10.40 News
	104 CHANNEL 4	‹ 6.50 News	7.20 Our Farm Next Door: Amanda, Clive...		8.20 All Aboard! Scotland's Poshest Train	9.20 Film: Prey			
	105 CHANNEL 5	‹ 6.00 Keeping Up...	7.30 The King's Borough: Kensington &...		8.30 Portugal with Michael Portillo		9.30 Prince George: How to Make a Monarch		10.30 Britain's...
	106 SKY SHOWCASE	7.00 Landscape Artist of the Year		8.00 Football's...	8.30 Super League – Live: Wigan Warriors v Warrington Wolves (Kick-off 9.30)				
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
	116 BBC4	7.00 Hidden Wales: Last Chance to Save		8.00 Bridging the Gap: How the Severn...		9.00 The One That Got Away			
	118 ITV2	‹ 6.25 Film: Godzilla: King of the Monsters				9.00 Film: The Hitman's Wife's Bodyguard			
	136 MORE4	‹ 6.55 Four in a Bed		7.55 999: On the Front Line		9.00 24 Hours in A&E			
	135 E4	7.00 The Big Bang Theory				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.35 Gangs of London				9.00 Small Town, Big Story		10.00 The White Lotus	
	110 U&GOLD	‹ 6.25 Only Fools and Horses					9.40 Mrs Brown's Boys	10.20 Only Fools and Horses	
	111 U&DAVE	‹ 6.40 Mortimer & Whitehouse: Gone...		8.00 Special Ops: Crime Squad UK		9.00 Not Going Out Halloween Special		9.55 Not Going Out	
	119 ITV3	7.00 Darts: UK Open – Live: Coverage of the second session on day two from Butlin's Minehead							
	120 ITV4	‹ 5.00 FA Cup Football – Live (Kick-off 5.45)		8.15 The Motorbike Show		9.15 English Football League Highlights			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Showtime		10.00 Film: Keanu	
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: Drone Wars			
	113 SKY MAX	7.00 NCIS: Los Angeles		8.00 Rob & Romesh vs Darts		9.00 Small Town, Big Story		10.00 Strike Back: Vengeance	
	109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Death in Paradise	
	130 SKY ARTS	‹ 6.45 The Stones in the Park	7.45 The Stones in Exile			9.00 The Story of the Jam: About the Young Idea			
	132 U&W	7.00 Outnumbered				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers		8.00 Harpoon Hunters		9.00 Marooned with Ed Stafford		10.00 Expedition Files	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Guardians of Rescue		9.00 Animal Cops Houston		10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 World War II: Secrets from Above		8.00 Air Crash Investigation		9.00 Camden			
	123 SKY HISTORY	7.00 Britain's Secret Islands				9.00 The UnBelievable with Dan Aykroyd			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 'Allo 'Allo!	
	121 SKY DOCS	‹ 6.50 Burden of Proof: Who Killed Jennifer Pandos?							
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Thelma		8.00 Fight or Flight			9.45 MaXXXine		
	302 ULTIMATE ACTION	‹ 6.05 Fight or Flight		8.00 The Fall Guy				10.10 Crank	
	303 HITS	‹ 5.50 Wonka		8.00 Aquaman					10.25 Aquaman and the...
	304 AWARD WINNERS	‹ 5.35 Forrest Gump		8.00 Lee				10.00 Schindler's List	
	305 ANIMATION	‹ 5.35 Spider-Man: Across the Spider-Verse		8.00 Migration			9.30 Cloudy with a Chance of Meatballs 2		
	306 FAMILY	‹ 5.50 Bean	7.25 Johnny English			9.00 Pan			
	307 FAST	‹ 5.35 Fast X		8.00 The Fast and the Furious			9.50 2 Fast 2 Furious		
	308 COMEDY	‹ 6.25 Kangaroo Jack		8.00 White Chicks				10.05 The Big Lebowski	
	309 ASSASSINS	‹ 5.45 The Bourne Legacy		8.00 Jason Bourne				10.10 Fight or Flight	
	310 DRAMA	‹ 6.30 Sundown		8.00 Lost in Translation			9.50 Ray		
	311 SCI-FI	‹ 6.15 A Quiet Place: Day One		8.00 Passengers				10.00 Insidious: The Red Door	
	313 FILM4		7.10 Made in Italy			9.00 The Green Mile			
SPORT	401 MAIN EVENT	‹ 5.30 SPFL – Live: St Mirren v Celtic		8.00 Behind the...	8.30 Betfred Super League – Live: Wigan Warriors v Warrington Wolves (Kick-off 9.30)				
	402 PREMIER LEAGUE	7.00 Virgil Van Dijk...	7.30 Masterclass	8.00 Chasing the Dream				10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 5.00 SPFL – Live: St Mirren v Celtic		8.00 EFL				10.00 EFL Highlights	
	404 CRICKET	7.00 ICC Champions Trophy Cricket		8.00 WPL		9.00 ICC Champions Trophy Cricket		10.00 WPL	
	410 TNT SPORTS 1	7.00 Fight Night Live – Live: Ryan Garner v Salvador Jimenez							
	411 TNT SPORTS 2	‹ 6.30 Isuzu UTE...	7.30 Serie A – Live: Football from Italy's top division					10.00 UEFA Europa League & Conference...	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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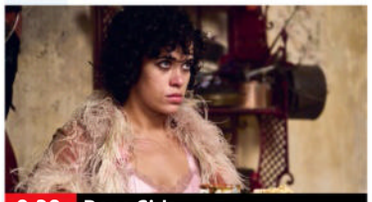
Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.45 **Saturday Kitchen** New edition (S)
11.15 **Rick Stein's Cornwall** (S)(R)(AD)
11.45 **BBC News** (S)
12.00 NOON LIVE **Match of the Day: FA Cup** Crystal Palace v Millwall: Coverage of the fifth-round tie from Selhurst Park. Kick-off is at 12.15. *See feature, page 28.* (S)
2.30 PM **Escape to the Country** (S)(R)
3.25 FILM **Swallows and Amazons** Period drama starring Rafe Spall. (S)(AD) (2016, PG, 90min) ★★★★
4.55 **Wallace & Gromit: A Matter of Loaf and Death** The animated duo open their own bakery. (S)(R)(AD)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** New edition 6/11. Bradley and Barney Walsh host the first quarter-final. (S)(AD)



9.20 Dope Girls

6 PM

6.45 **Michael McIntyre's Big Show** The host looks back on some of the best moments from 10 years of his *Big Show*, featuring appearances by Kylie Minogue, Robbie Williams, Gary Barlow and ABBA's Björn. (S)(R)

7 PM

7.45 **The Weakest Link** New edition 12/14. Romesh Ranganathan asks questions against the clock to Gok Wan, Sunetra Sarker, Kate Humble, Asim Chaudhry, Katie Piper, Dermot Murnaghan, Andy Day and Susie McCabe. (S)

8 PM

8.30 **Casualty** *Unearthed:* Stevie's authority as acting clinical lead is undermined when Faith defies her regarding a search for some missing drugs. (S)(AD)

9 PM

9.20 **Dope Girls** New episode 2/6. As Kate and Billie dispose of a body, the Saluccis search for their missing heir. Violet is assigned to go undercover in the police cells, where her skills and morals are tested. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.15 **BBC News** (S)
10.35 **Match of the Day: FA Cup** Jason Mohammad presents highlights from the fifth-round ties, including Manchester City v Plymouth Argyle. (S)
11.40 NEW TO BBC1 **Funboys** 1/4. Comedy with Rian Lennon and Ryan Dylan. *Previously on BBC3.* (S)(AD)
12.05 AM New episode 2/4. Callum moves in with Lorcan and his father Sammy. (S1) (S)(AD)
12.30 FILM **Sicario** Crime drama starring Emily Blunt and Josh Brolin. (S) (AD) (2015, 15, 115min) ★★★★
2.25 **Weather for the Week Ahead** (S)
2.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.10 AM **Children's Programmes**
8.45 **Gardeners' World** (S)(R)
9.45 **Earth's Natural Wonders** (S)(R)
10.45 **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
11.45 **Nadiya's Simple Spices** (S)(R)(AD)
12.15 PM **The Best Dishes Ever** (S)(R)
12.50 FILM **Angels One Five** Wartime drama starring Jack Hawkins. (S) (1951, b/w, U, 95min) ★★
2.25 LIVE **Rugby League: Super League** Wakefield Trinity v St Helens: Coverage of the match from the third round of fixtures, which takes place at DIY Kitchens Stadium. Kick-off is at 2.30. (S)
4.30 **The World's Busiest Railway** The role Mumbai's Chhatrapati Shivaji Terminus plays in long distance travel across India. (S)(R)(AD)
5.30 **Flog It!** From Blackpool. (S)(R)

8.30 Elkie Brooks at the BBC

6.30 FILM **Darkest Hour** Period drama starring Gary Oldman, Lily James and Kristin Scott Thomas. British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. With Stephen Dillane, Samuel West and Ben Mendelsohn. (S)(AD) (2017, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.30 NEW **Elkie Brooks at the BBC** The singer marks her 80th birthday by looking back over her career, highlighted by songs from the BBC archive including *Pearl's a Singer, No More the Fool, Lilac Wine* and *Fool If You Think It's Over.* (S)
9.35 **Elkie Brooks: Sight and Sound in Concert** Annie Nightingale introduces Elkie Brooks at the Hippodrome, Golders Green in 1977, a concert originally broadcast as part of the *BBC Sight and Sound in Concert* series. (S)(R)
10.35 **Elkie Brooks: In Concert** 1/2. The singer performs in a TV special recorded at the Birmingham NEC in 1987. (S)(R)
11.15 **Elkie Brooks: In Concert** 2/2. Conclusion of the TV special. (S)(R)
11.55 FILM **The Girl with a Bracelet** French-Belgian courtroom drama starring Melissa Guers. A teenager from a wealthy middle-class family comes under investigation following the death of her best friend. Subtitled. (2020, 15, 90min) ★★★
1.25 AM **Sign Zone: Call the Midwife** 7/8. Joyce nervously faces the disciplinary board. (S14) (S)(R)(AD)
2.25 **to 6.10** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **In for a Penny** (S)(R)(AD)
6.25 **Judi Love's Culinary Cruise** (S)(R)
7.25 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Dan Ryan. (S)
11.40 **Nisha Katona's Home Kitchen** New edition A recipe for an aubergine and potato curry. (S)
12.40 PM **ITV News** (S)
1.00 LIVE **Racing** Coverage from Kelso, Doncaster and Newbury. (S)
4.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** Karim Zeroual, Christopher Biggins, Ellie Leach and Des Clarke compete for charity. (S)(R)

7.00 Britain's Got Talent

6.00 **Wheel of Fortune** New edition Graham Norton hosts the revival of the game show in which contestants try to solve word puzzles to get the chance to spin the wheel and win big money prizes. (S)(AD)
7.00 **Britain's Got Talent** New edition Ant and Dec host as more performers take to the stage to try to impress the judges and secure their place in the live semi-finals. Featuring guest judge KSI. (S)
8.15 LIVE **The Brit Awards** Comedian Jack Whitehall returns to host the ceremony for a fifth time, from London's O2 Arena, with awards to celebrate successes in the music industry from the past 12 months, as well as recognising new talent. Those taking to the stage include Sabrina Carpenter, Jade, Myles Smith, The Last Dinner Party, Teddy Swims and Shaboozey. (S)
10.40 **ITV News** (S)
10.50 **The Murder of Alice Ruggles: Social Media Murders** 2/4. How a young woman was murdered by a calculating ex-boyfriend who used social media and the internet to torment his victim. (S)(R)(AD)
11.50 **English Football League Highlights** Action from the latest EFL matches, including Leeds United v West Bromwich Albion and Luton Town v Portsmouth. (S)
1.15 AM **Teleshopping**
3.00 **Next Level Chef USA** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's National Trust Cook Off** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.00 AM **Cheers** 7-9/25. (S3) (S)(R)
7.20 **Everybody Loves Raymond** (S)(R)
8.35 **Frasier** 10-13/24. (S9) (S)(R)(AD)
10.30 **The Simpsons** (S)(R)(AD)
12.30 PM FILM **Monsters vs Aliens** Animated sci-fi monster movie featuring the voices of Reese Witherspoon and Kiefer Sutherland. (S)(AD) (2009, PG, 110min) ★★★
2.20 FILM **Stardust** Fantasy comedy adventure starring Claire Danes, Charlie Cox and Michelle Pfeiffer. (S)(AD) (2007, PG, 150min) ★★★★
4.50 **The Dog House** Roz and John are desperate to help their cockapoo Marnie following the recent loss of her sight. (S)(R)(AD)
5.55 **Our Welsh Chapel Dream** 4/4. Keith and Marj come up with the radical idea to sleep in a shipping container. (S)(R)(AD)

9.20 Prey

6.50 **News** (S)
7.20 **Our Farm Next Door: Amanda, Clive and Kids** 4/5. The Owen family balance lambing season with getting their renovation watertight, and receive news from the planners which could see the scope of the renovation grow massively. (S)(R)(AD)
8.20 **All Aboard! Scotland's Poshest Train** 4/4. Alan Cumming visits the sacred island of Iona, known as the cradle of Christianity in Scotland, and discovers the story of the historical Iona Marble Quarry. (S)(R)(AD)
9.20 FILM **Prey** Sci-fi action thriller prequel to *Predator*, starring Amber Midthunder, Dane DiLiegro and Dakota Beavers. An otherworldly creature with cloaking technology hunts 18th-century Comanches on the Northern Great Plains. (S) (AD) (2022, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 FILM **The Great Wall** Fantasy adventure starring Matt Damon. (S)(AD) (2016, 12, 110min) ★★★
1.05 AM FILM **Miss Peregrine's Home for Peculiar Children** Fantasy adventure starring Eva Green. (S)(AD) (2016, 12, 130min) ★★★
3.15 **Kirstie's Fill Your House for Free** Helping a woman whose cottage has been ruined by a flood. (S)(R)
3.30 **to 5.55** AM **The Simpsons** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)
9.15 **Friends** 3/24. (S1) (S)(R)(AD)
9.40 **Cruising with Jane McDonald** Triple bill of the series. (S)(R)
12.30 PM **The Weekend Travel Show** Series finale 8/8. George and Larry Lamb stay at a haunted castle in Northumberland. (S)
2.00 **Susan Calman's Grand Day Out** The comedian hits the road for a trip to Yorkshire. (S)(R) **3.00** Susan visits some of Devon's beauty spots. (S)(R)
4.00 **Happy Campers: The Caravan Park** Crealy Theme Park & Resort sees its busiest check-in day of the season. (S)(R) **5.00** The summer season draws to a close. (S)(R)

8.30 Portugal with Michael...

6.00 **Keeping Up Appearances: 30 Years of Laughs** A look back at the popular sitcom that starred Patricia Routledge as Hyacinth Bucket, who was endlessly let down by her family in her attempts to climb the social ladder. (S)(R)
7.25 **News** (S)
7.30 **The King's Borough: Kensington & Chelsea** 2/4. At the Chelsea Flower Show, the pressure is on horticulturalist Dave Green to create a garden in guest King Charles' honour. (S)(R)
8.30 NEW SERIES **Portugal with Michael Portillo** 1/6. Michael explores highlights and hidden secrets of the country, starting in the vibrant city of Porto, recently voted the World's Best City Destination. (S)
9.30 NEW **Prince George: How to Make a Monarch** A glimpse into the life of Prince William's eldest son, who is destined to one day become King. (S)
10.30 **Britain's Favourite Ads of the 70s & 80s** A celebration of memorable, funny and sometimes shocking TV adverts. (S)(R)
12.30 AM **Friends** (S1) (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Britain's Great Cathedrals with Tony Robinson** The actor visits York Minster. (S)(R) **3.50** Exploring the history of Canterbury Cathedral. (S)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.00 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)(R)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **The Very Small Creatures**
6.05 **My Little Pony: Friendship is Magic** Double bill. (S)(R)
6.55 **Where's Wally** (S)(R)
7.45 **Dig Detectives** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
9.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** Six episodes, including at: **2.00** PM *Donnie Fatso:* Homer takes part in an FBI operation against Fat Tony. Featuring the voice of Jon Hamm. (S)(R) **2.30** *Moms I'd Like to Forget:* Marge gets back in touch with three friends she fell out with years ago. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Updates on today's football.
5.00 **Secrets in the Ice** The history of the woolly mammoth. (S)(R)

8.30 Rugby League: Super League

6.00 **Mayhem! The Secret Lives of the Georgian Kings** *George IV – The Party King:* 4/4. Documentary exploring the 10-year reign of George IV, the House of Hanover's 'party prince'. (S)(R)
7.00 **Landscape Artist of the Year** The search for the nation's best landscape painter moves to Bristol Harbourside for the sixth and final heat. Hosted by Stephen Mangan. (S)(R)
8.00 **Football's Funniest Moments** Comical incidents from the football world. (S)(R)(AD)
8.30 LIVE **Rugby League: Super League** Wigan Warriors v Warrington Wolves: Coverage of the match from the third round of fixtures, held at Allegiant Stadium in Las Vegas. This match is being held Stateside as part of the annual Rugby League Las Vegas event organised by Australia's NRL, which began last year and saw a crowd of nearly 41,000 in attendance. Kick-off is at 9.30.
12.00 M'T **An Idiot Abroad** 5/8. Karl Pilkington's journey continues in Egypt, where he tastes local delicacies including rabbit meat, and takes a boat ride down the Nile, before visiting the iconic pyramids. (S)(R)(AD)
1.00 AM **The Office (US)** 11-14/24. Four episodes. (S8) (S)(R)
3.00 **Road Wars** (R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30pm Wallace & Gromit: A Matter of Loaf and Death (S)(R)(AD) **3.00** FILM Swallows and Amazons (S)(AD) (2016, PG, 90min) ★★★★ **4.30-5.25** Open All Mics (S) **11.40** Sportscene: Premiership Highlights (S)(R) **12.40am** Funboys (S)(R)(AD) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
11.15-11.45am Wallace & Gromit: A Matter of Loaf and Death (S)(R) **4.55-5.25pm** The Six Nations Greatest Moments (S)(R) **11.40** Scrum V Top 5s (S)(R) **12.10am** FILM Human Traffic (S) (1999, 18, 95min) ★★★★ **1.45-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
4.30pm Flog It! (S)(R) **5.00** LIVE United Rugby Championship (S) **7.30-8.30pm** Anna Haugh's Big Irish Food Tour (S)(R)

WALES
Sky 968, Freesat 968
5.30pm Flog It! (S)(R) **6.00** Gardeners' World New edition (S) **7.00** Dance Passion – Swansea (S)(R) **8.00** Weatherman Walking (S)(R) **8.30** Winterwatch in Wales (S)(R) **9.00** NEW St David's Day: Calan in Concert (S) **9.55** Rewind: 60 Years of Welsh Pop: Stereophonics Special (S)(R) **10.25** Kelly Jones in Concert (S)(R) **11.05** Kelly Jones in Studio from Ocean Sound Norway (S)(R) **11.35** Other Voices: Cardigan with Huw Stephens (S)(R) **12.35am** Elkie Brooks: In Concert 1987 (S)(R) **1.15-1.25am** Mull: Eagle Paradise (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Priodas Pum Mil **11.00** Bois y Pizza: Chwe' Gwlad (AD) **11.30** Cysgu O Gwmpas (AD) **12.00noon** Ffermio **12.30pm** Cartrefi Cymru **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Sgwrs Dan y Lloer **2.45** LIVE Clwb Rygbi **5.00** LIVE Clwb Rygbi **7.15** Newyddion a Chwaraeon **7.25** NEW Dafydd Iwan: Hen Wlad Fy Nhadau **7.30** Noson Lawen New edition **8.30** NEW Gwlad Bardd **10.05** Cyfrinachau'r Llyfrgell **11.05-11.40pm** Bois y Pizza: Chwe' Gwlad (AD)

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Tensions rise between Nigel and Grant. **7.30** Emotions continue to run high in Walford.
8.00 **Top Gear** The presenters and the Stig enter a 24-hour endurance race at Silverstone, which proves to be one of their toughest challenges to date.
9.00 **Two Pints of Lager and a Packet of Crisps** 1/8. Gaz and Janet's romantic evening in turns sour. **9.30** 2/8. Janet is unsure about Donna's new boyfriend. **10.00** 3/8. Janet responds to being mugged by becoming a police community support officer. **10.30** 4/8. Janet finds herself out of her depth. (S8)
11.00 **Boot Dreams: Now or Never** 1/6. Young footballers rejected by top clubs get a second chance.
12.00 M'T **Dubai Hustle**
1.00 AM **Top Gear**
2.00 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Hidden Wales: Last Chance to Save** Will Millard explores some of Wales's forgotten historic buildings.
8.00 **Bridging the Gap: How the Severn Bridge Was Built** The construction of the Severn Bridge.
9.00 NEW SERIES **The One That Got Away** 1/6. Welsh crime thriller starring Elen Rhys. The murder of a nurse opens old wounds in a small-town community. **9.50** New episode 2/6. Ffion bitterly clashes with her sister when evidence links her to the crime. (S1) ■ Entire series on BBC iPlayer
10.40 **Parkinson: The Richard Burton Interview** A 1974 interview with the actor.
11.20 **Welsh Greats: Harry Secombe** Documentary.
11.50 **Going Straight**
12.20 AM **Steptoe and Son**
12.50 **Harry H. Corbett: Acting in the Sixties**
1.35 **Hidden Wales...**
2.35 **to 3.35** AM **Bridging the Gap: How the Severn...**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
10.00 **Ugly House to Lovely House with George Clarke** From West Sussex.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Four in a Bed**
2.40 PM **Come Dine with Me**
5.20 **Four in a Bed** The contest begins at the White Horse Inn in Maldon, Essex. **5.50** The second visit of the week is to Barnfield B&B in St Osyth, Essex.
6.20 **Four in a Bed** The third visit is to the Black Swan Inn in Pickering, North Yorkshire. **6.55** The final stay of the week is at Delamere Farm near Peterborough. **7.25** The owners gather to find out the winner.
7.55 **999: On the Front Line** The team receive an urgent call from a woman at a hotel who is about to give birth.
9.00 **24 Hours in A&E** A 14-year-old girl is rushed to St George's after an accident on her bike. **10.00** A 21-year-old patient is brought in with a suspected stroke.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** As 7.55pm..
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **The Goldbergs**
8.50 **Lego Masters Australia**
10.05 **Modern Family**
12.05 PM **Ramsay's Kitchen Nightmares USA**
5.05 FILM **Hotel Transylvania 3: Summer Vacation** Animated sequel featuring the voice of Adam Sandler. Count Dracula and company go on a cruise for monsters, unaware that their boat is being commandeered by a monster-hating family. (2018, U, 97min) ★★
7.00 **The Big Bang Theory** 13/24. Leonard and Penny decide to give their relationship another chance. **7.30** 14/24. Sheldon and Amy create a video podcast about flags. **8.00** 15/24. Leonard breaks his and Sheldon's room-mate agreement. **8.30** 16/24. Sheldon uses his holidays to help Amy in her biology lab. (S5)
9.00 **Celebrity Gogglebox** Famous faces appraise *Love Island, The Nevermets* and *The Yorkshire Vet*.
10.00 **Gogglebox** Opinions on *The1% Club, Is It Cake?* and *The Completely Made-Up Adventures of Dick Turpin*.
11.05 **Gogglebox**
12.10 AM **First Dates**
2.20 **Gogglebox**
4.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **UK Border Force**
2.00 **Nothing to Declare** Ten editions, including at: **6.00** Officers are concerned by a passenger's behaviour when cocaine is found. **6.30** Officers suspect a man may be using a false body part to smuggle drugs.

9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** An odd smelling package arrives at the mail centre. **7.30** A group of foreigners make a daring escape.

8 PM
8.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

9 PM
9.00 **Elsbeth** *Artificial Genius:* 8/10. The CEO of a crime alert app kills someone and uses her own tech to hide her tracks. (S1)

10 PM
10.00 **Blue Bloods** *USA Today:* 7/20. Danny and Baez's attempts to find who assaulted a shop owner are hindered. (S12)
11.00 **Chicago Fire** 16/22. (S11)
12.00 M'T **The Rookie** 8/22. (S4)
1.00 AM **The Good Doctor** (S3)
2.00 **For Life** 12/13. Aaron gets his chance for a retrial. (S1)
3.00 **FBI: Most Wanted** 13/14. (S1)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing**
7.05 **Winning Time: The Rise of the Lakers Dynasty** (S1)
11.25 **True Blood** 4-7/12. (S2)
3.30 PM **Gangs of London** 6/9. Marian puts the pressure on Sean to uncover Finn's killer. **4.35** 7/9. Luan is forced to confront the deadly consequences of his actions. **5.35** 8/9. Luan risks his life to rid himself of Mosi, and Floriana seizes an opportunity. **6.35** 9/9. Elliot makes a choice that defines his future. (S1)

3.30 Gangs of London

7.45 **Gangs of London** 1/8. One year after Sean Wallace's death, London is for the taking, and the battle for the city's soul commences. (S2)

9.00 **Small Town, Big Story** *The White Ridge:* 1/6. A Tinseltown production rolls into a small town and uncovers a secret. (S1)

10.00 **The White Lotus** *Special Treatments:* 2/8. Drama anthology following the guests andn staff of a resort in Thailand. (S3)
11.10 **Game of Thrones** 6/10. Davos and Stannis arrive in Braavos. **12.15** AM 7/10. Jon's warnings fall on deaf ears. **1.20** 8/10. Littlefinger and Sansa are questioned. (S4) **2.25** 9&10/10. (S4)
4.55 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **The Flash** (S7)
11.00 **Grimm** 3-6/22. (S2)
3.00 PM **NCIS: Los Angeles** 9/22. Callen and the team help a US ambassador search for her missing daughter. **4.00** 10/22. A scientist working with the US Marines is killed. **5.00** 11/22. A baby is found abandoned on a US Navy ship. **6.00** 12/22. The NCIS team investigate when an unidentified aircraft enters American airspace and crashes into a US Navy plane. (S13)

10.00 Strike Back: Vengeance

7.00 **NCIS: Los Angeles** *Bonafides:* 13/22. Sam dons his past undercover persona of Switch. (S13)

8.00 **Rob & Romesh vs Darts** The duo play a match at Alexandra Palace during the PDC World Darts Championship.

9.00 **Small Town, Big Story** *The White Ridge:* 1/6. Comedy drama starring Christina Hendricks and Paddy Considine. (S1)

10.00 **Strike Back: Vengeance** 9/10. Stonebridge finds an opportunity to avenge his wife's death. (S3)
11.00 **Brit Cops: War on Crime** Documentary following police officers in Lincolnshire.
12.00 M'T **An Idiot Abroad** 5/8. Karl's journey continues in Egypt, where takes a boat ride down the Nile.
1.00 AM **The Force: Manchester**
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.30 **Secret Crush**
10.25 **Deal or No Deal**
1.30 PM **American Ninja Warrior**
3.10 **The BRITs: The Warm-Up**
4.15 **FILM Sing** Animated musical comedy featuring the voice of Matthew McConaughey. A hustling koala's attempt to save his theatre with a singing competition becomes grander than he anticipates. (2016, U, 108min) ★★★

6.25 Godzilla: King of the...

6.25 **FILM Godzilla: King of the Monsters** Fantasy sequel with Vera Farmiga and Kyle Chandler. The Monarch agency face off against an army of creatures including Godzilla, Mothra, Rodan and King Ghidorah. (2019, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM The Hitman's Wife's Bodyguard** Crime comedy sequel starring Ryan Reynolds. Michael Bryce teams up once again with Darius Kincaid as they try to prevent a terror attack. (2020,15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Family Guy** 7/18. Stewie falls in love with an old friend. **11.35** 3/18. Brian leads a protest against a store. (S5)
12.05 AM **American Dad!** (S2&1)
1.05 **The Sex Lives of College Girls**
2.15 **to 3.00** AM **Iain Stirling's CelebAbility**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Bless This House**
6.30 **Inspector Morse** Double bill.
10.55 **Midsomer Murders**
12.50 PM **Rosemary & Thyme**
2.50 **Agatha Christie's Marple** *The Sittaford Mystery:* A Ouija board predicts a murder.
4.50 **Mr Bean** Double bill.
5.55 **Agatha Christie's Poirot** *The Dream:* A man contacts the Belgian sleuth when he is haunted by suicidal nightmares. However, he fails to follow Poirot's advice, and is found dead soon afterwards.

7.00 Darts: UK Open

7.00 **LIVE Darts: UK Open** Jacqui Oatley and Ned Boulting present coverage of the second session on day two from Butlin's Minehead, featuring matches in the last 16, which take place over the best of 19 legs. With analysis from Alan Warriner-Little, Chris Mason, Mark Webster, and commentary by John Rawling and Stuart Pyke.

11.00 **Van Der Valk** 2/3. The detective investigates when a sword is used as a murder weapon, and the victim has a link with a notorious case. (S3)
12.50 AM **Mr Bean**
1.15 **Bless This House**
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Rangers v Motherwell.
8.15 **The Agency: Unfiltered** The competitors must go live on TikTok. **8.45** The competitors must fulfil a brief given to them by a brand.
9.15 **Mrs Brown's Boys** 2/6. Agnes throws Trevor a leaving party. (S2)
9.45 **Two Doors Down** 2/6. The Bairds host an impromptu party. (S2)
10.15 **Best of Chewin' the Fat** 2/10. Highlights of the comedy series. (S1)
10.45 **Annie Lennox at the BBC** Performances by the singer-songwriter.
11.45 PM **to 12.00** M'T **Franz Ferdinand: The Quay Sessions Special**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S4)
9.55 **Hung** (S2&3)
12.35 PM **Bored to Death**
3.10 **Curb Your Enthusiasm**
6.30 **The Office (US)** 11/24. Andy finds a novel way to improve sales. **7.00** 12/24. The staff attend one last party at Robert's house. **7.30** 13/24. Jim fakes jury duty to spend time with Pam and the baby. **8.00** 14/24. Dwight leads a team on a mission in Florida. **8.30** 15/24. Dwight takes his team to Tallahassee. (S8)
9.00 **Micky Flanagan: An' Another Fing** From London's O2 Arena.
10.45 **Entourage** 3&4/12. (S6)
11.55 **The Righteous Gemstones** 9/9. (S1)
12.55 AM **In the Long Run**
1.55 **Mr Mayor** (S2)
2.55 **Eastbound & Down**
3.35 **to 5.00** AM **The Comeback**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Tales of the Unexpected**
8.30 **Alfred Hitchcock Hour**
10.30 **Artist of the Year: Masterclass**
1.00 PM **FILM Revenge of the Pink Panther** Crime caper sequel. (1978, PG, 98min) ★★★
2.55 **Landscape Artist of the Year** From Bristol.
3.55 **FILM Sherlock Holmes: Terror by Night** Mystery. (1946, U, 60min) ★★
5.00 **Clint Eastwood: A Life in Film**
6.45 **The Stones in the Park**
7.45 **The Stones in Exile**
9.00 **The Story of the Jam: About the Young Idea**
10.45 **Record On**
12.25 AM **PJ Harvey at Nuits de Fourviere**
2.00 **FILM The Plague of the Zombies** Horror. (1966, 15, 91min) ★★★
3.45 **Classic Albums**
4.45 **Discovering**
5.35 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Nothing to Declare**
11.00 **Hope for Wildlife**
1.00 PM **Micro Monsters with David Attenborough**
2.00 **City Wildlife Rescue**
3.00 **Wildest New Zealand**
4.00 **Australia's Hidden Islands** Fraser Island.
5.00 **Battle of the Alphas**
6.00 **Macaque Island**
7.00 **Whale with Steve Backshall** Documentary.
8.00 **Nothing to Declare**
8.30 **LIVE Rugby League: Super League** Wigan Warriors v Warrington Wolves: Kick-off at 9.30.
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Nothing to Declare**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **NEW SERIES Backyard Builds**
8.00 **The Real Housewives of Jersey** Reality series.
9.00 **Fletchers' Family Farm**
10.00 **Scott's Vacation House Rules** Triple bill.
12.55 PM **Abbey Clancy: Celebrity Homes**
1.55 **Project Bakeover**
4.50 **The Only Way Is Essex**
5.50 **Celebrity Dinner Date**
6.50 **FILM While You Were Sleeping** Comedy with Sandra Bullock. (1995, PG, 103min) ★★★★
9.00 **Olivia Attwood's Bad Boyfriends** The bad boyfriends enter the next phase of the project. **10.00** The girlfriends see what the boys got up to on their night out.
11.05 **Kavos Weekender**
12.05 AM **The Real Housewives of Miami**
1.00 **to 1.30** AM **Backyard Builds**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the series, including at: **7.00** *That's Our Dad:* 5/25. Jonathan tries to make a cruel TV star change his ways. Guest stars Ned Beatty. **8.00** *Love at Second Sight:* 6/25. Another angel attempts to sabotage Jonathan's latest mission. (S3)
9.00 **The Gourmet Detective** Murder mystery starring Dylan Neal and Brooke Burns.
10.50 **Garage Sale Mysteries: The Art of Murder** Crime drama with Lori Loughlin and Steve Bacic.
12.45 AM **The Avengers** (S5)
3.00 **Randall and Hopkirk (Deceased)** 22/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Derby Through the Years**
6.20 **The Protectors**
6.55 **The Sweeney**
7.55 **Fishing Allstars**
8.25 **E1 Powerboat Highlights**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.20 **The Motorbike Show**
12.25 PM **World of Sport**
12.45 LIVE **Darts: UK Open** The opening session on day two.
5.00 LIVE **Football: FA Cup** Manchester City v Plymouth Argyle: The fifth-round encounter. Kick-off is at 5.45.

5.00 Football: FA Cup

LIVE Football: FA Cup (started at 5.00pm)

8.15 **The Motorbike Show** Henry Cole rides through Snowdonia to meet round-the-world biker Steph Jeavons.

9.15 **English Football League Highlights** The latest EFL action, including Leeds United v West Bromwich Albion and Luton Town v Portsmouth in the Championship.

10.45 FILM **A Fistful of Dollars** Sergio Leone's Spaghetti Western starring Clint Eastwood as the nameless stranger who rides into a small town run by two rival gangs. (1964, 15, 96min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

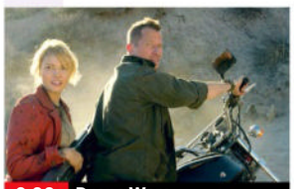
12.50 AM **Wrestling: AEW Dynamite**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 1-5/26. (S4)
4.00 PM **Star Trek: Voyager** 25/26. Janeway and Chakotay are infected by an alien insect and forced to leave *Voyager* for a life on a remote planet.
5.00 26/26. Chakotay learns he has become a father. (S2)
6.00 1/26. The Kazons hijack *Voyager*, leaving Janeway and her crew stranded on a primitive planet. (S3)



9.00 Drone Wars

7.00 **Star Trek: Voyager** *Flashback:* 2/26. Tuvok suffers from a mystery illness that causes him to experience flashbacks.

8.00 **Star Trek: Voyager** *The Chute:* 3/26. Kim and Paris are imprisoned on an alien planet and accused of terrorism. (S3)

9.00 FILM **Drone Wars** Action adventure starring Corin Nemec. A small team of scientists hidden in Los Angeles attempt to defeat the drones that have invaded Earth. With Whitney Moore. (2016, PG, 79min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Walking Dead** 1/16. Rick and his survivors face new dangers while trying to establish a measure of normality to their lives.
12.00 M'T 2/16. Rick and his clan are forced to fight to protect their livelihood. (S4)
1.00 AM **The Walking Dead** (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries**
10.00 **Elementary** 1-3/24. (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Inspector George Gently**
4.00 **Father Brown** *The Brewer's Daughter:* Sid falls for the heiress to a local brewery, only for her to be arrested for the murder of her own father.
5.00 *The Hangman's Demise:* The priest investigates the murder of a former hangman.
6.00 *The Crackpot of the Empire:* A former comedian swears revenge on the priest.

8.00 Shakespeare & Hathaway

7.00 **Father Brown** *The Daughter of Autolycus:* Flambeau enlists the priest's help to steal a gift intended for the Queen.

8.00 **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu investigate a beauty queen's death.

9.00 **Shakespeare & Hathaway: Private Investigators** 4/10. An American PI is arrested for murder. (S4)

10.00 **Death in Paradise** *Lucky in Love:* 3/9. A lottery winner is found dead at a villa. With Kelvin Fletcher and Jason Manford. (S10)

11.00 **Alaska Daily** 8/11. New discoveries about Gloria's death highlight leads that could reclassify the case. (S1)
12.00 M'T **Evil** 8/10. (S3)
1.00 AM **Father Brown**
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Are You Being Served?**
7.45 **Still Open All Hours**
8.15 **The Vicar of Dibley**
9.30 **Only Fools and Horses**
12.55 PM **Only Fools and Horses** Six episodes, including at:
4.10 Rodney plunges to the depths of despair as his marriage deteriorates.
5.20 An audition gives Raquel the chance of a lifetime.
6.25 Del becomes a showbiz entrepreneur after discovering a sensational Tom Jones-style singer at a local club.

8.35 Only Fools and Horses

7.30 **Only Fools and Horses** Del is invited to a school reunion at the Nag's Head organised by old adversary Roy Slater, who has recently been released from prison. With Jim Broadbent.
8.35 Uncle Albert falls victim to muggers, so Del Boy resolves to take the law into his own hands.

9.40 **Mrs Brown's Boys** Newlyweds Dermot and Maria argue over whether they should buy their own home.

10.20 **Only Fools and Horses** The Trotters worry the flat will get overcrowded once Raquel's baby arrives.

11.25 **Billy Connolly Does...** Billy takes a look at what it means to be Scottish.
12.25 AM The Scottish comedian revels in his own and others' bad behaviour.
1.25 **Only Fools and Horses**
2.40 **to 4.00** AM **Here We Go**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **Anthony Bourdain: Parts Unknown** From Lyon.
8.00 **Extreme Salvage Squad**
10.00 **Repair Lot** Double bill.
12.00 NOON **Red Bull Soapbox Race** From the Netherlands.
1.00 PM **Guy Martin's D-Day Landing** Recreating a World War Two parachute jump.
3.00 **Robson Green's Weekend Escapes** Triple bill of editions.
5.00 **Simon Reeve's South America** A visit to Brazil.
6.00 **Mortimer & Whitehouse: Gone Fishing** Double bill.

7.20 Mortimer & Whitehouse

7.20 **Mortimer & Whitehouse: Gone Fishing** The duo head to Norfolk, where they try to catch a large pike.

8.00 **Special Ops: Crime Squad UK** Detectives pursue a violent drug gang in Gloucester.

9.00 **Not Going Out** Lee and Lucy take the children out trick or treating, but the night turns disastrous.
9.55 Lee and Lucy suffer an eventful Christmas Eve after heading out on a last-minute mission.

10.55 **QI XL** With Phill Jupitus, Victoria Coren Mitchell and Bridget Christie.

11.55 **Dave Gorman: Modern Life Is Goodish** The comedian probes modern life's follies.
12.55 AM **Have I Got a Bit More News for You** David Mitchell hosts the satirical quiz show.
1.55 **to 4.00** AM **We Are Not Alone**

+1 hour 211/212 327 74

Saturday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 143 49 127

9.00 AM **A New Life in the Sun** Five editions.
2.00 PM **A Place in the Sun** Six editions, including at:
7.00 A couple search for a holiday home on Spain's Costa Tropical.
8.00 **Kirstie and Phil's Love It or List It** Anne-Marie and Paul need help deciding whether to sell or renovate their home.
9.00 **Grand Designs** Kevin McCloud meets a couple who have plans to build a volumetric modular home.
10.00 **8 Out of 10 Cats Does Countdown: Best Bits** Jimmy Carr and Jon Richardson review highlights of the show.
11.05 **First Dates**
12.10 AM **Gogglebox**
2.15 **Jordan Gray: Is It a Bird?** Stand-up comedy.
3.20 **24 Hours in A&E**
4.15 **to 4.45** AM **Food Unwrapped's South Korean Adventure**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.05 PM **NCIS** Eight episodes of the series, including at:
6.00 *Capitol Offence:* 3/25. An old friend of Gibbs' claims he is being framed for a murder.
7.00 *Heartland:* 4/25. Gibbs revisits his home to investigate an assault that left one Marine dead.
8.00 *Nine Lives:* 5/25. A Marine is tortured to death in his garage. (S6)
9.00 **Criminal Minds** *Extreme Aggressor:* 1/22. The agents investigate the disappearances of four Seattle women.
10.00 *Compulsion:* 2/22. The team try to uncover the identity of an arsonist. (S1)
11.00 **Law & Order: Special Victims Unit** (S15)
2.50 AM **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Car Pound Cops**
8.25 **Dogs Behaving (Very) Badly** Triple bill.
11.25 FILM **About Time** Romantic comedy. (2013, 12, 120min) ★★★
1.50 PM FILM **The Secret Garden** Drama. (1993, U, 97min) ★★★★
4.00 **Nightmare Tenants, Slum Landlords** Five editions, including at:
8.00 Alarming tales from all corners of the buy-to-let system.
9.00 FILM **Fifty Shades Freed** Drama sequel starring Dakota Johnson. (2018, 18, 105min) ★
11.05 **Adults Only: S**ggging 9 to 5** Documentary.
12.05 AM **Adults Only: Sex Dolls Delight**
1.05 **Killer at the Crime Scene** Sasha Marsden.
2.05 **Skin A&E**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Shop Smart, Save Money**
10.00 **Police Interceptors**
3.05 PM FILM **The Greatest Story Ever Told** Drama starring Max von Sydow, Charlton Heston and Dorothy McGuire. (1965, U, 225min) ★★★
6.55 FILM **The War Wagon** Western starring John Wayne and Kirk Douglas. (1967, U, 96min) ★★★
9.00 FILM **Transporter 3** Thriller sequel starring Jason Statham. The Transporter is pressured into taking the kidnapped daughter of a Ukranian official from Marseilles to Odessa. (2008, 15, 103min) ★★★
11.05 FILM **End of Days** Horror thriller starring Arnold Schwarzenegger. (1999, 18, 121min) ★★
1.30 AM **Police Interceptors**
2.30 **Trucking Hell**
3.35 **to 4.00** AM **Car Pound Cops**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at:
7.00 Pete worries he might be out of a job.
7.40 Pete and Sue host a dinner party.
8.20 Sue and Pete try to make it through a wedding day.
9.00 **Gavin & Stacey** The happy couple return from their honeymoon.
9.35 Gavin sets out to help Smithy accept his responsibilities.
10.15 Smithy and Nessa visit the hospital for their first ultrasound scan.
10.55 **Inside the Ambulance**
11.25 **Katie Price: What Harvey Did Next**
12.45 AM **Emma Willis: Delivering Babies**
1.35 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.30 AM **Birds of a Feather**
8.00 **Bergerac**
11.05 **Lovejoy**
1.25 PM **Call the Midwife**
2.50 **Father Brown**
4.50 **Signora Volpe**
6.50 **Whitstable Pearl** *The Free Waters:* 1/6. Crime drama starring Kerry Godliman.
7.55 *Random Acts:* 2/6. The restaurateur-turned-detective learns that Whitstable may have a mysterious benefactor. (S1)
9.00 **Bergerac** 1/6. Modern re-imagining of the Jersey-set crime drama following troubled detective Jim Bergerac. Stars Damien Molony and Philip Glenister. (S1)
10.00 **Harlots** 2/8. (S1)
11.00 **Hotel Portofino** (S1)
12.10 AM **The Heart Guy**
1.10 **Rebus** *Strip Jack.*
2.45 **to 4.00** AM **Bergerac**

+1 hour 243 316 60

SATURDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Celebrity Antiques Road Trip** Five editions.
6.00 **Alex Polizzi: The Fixer** Alex is called to a faltering fancy-dress business in Essex. **7.30** Helping an east London fabric shop.
9.00 **The Repair Shop** Items include a dislocated doll and a seed-sowing contraption. **10.00** Experts work to restore a beloved toy cat over 30 years old. **11.00** The team work on an RAF mascot teddy bear and a camel saddle.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge
145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes** With Ben Richards and Jenni Falconer. **11.40** Claire King and Edith Bowman compete. **12.20** PM Nikki Sanderson and Greg Rusedski take part.
1.00 **Cash Trapped**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Patels from Essex take part in the quiz show.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42

8.10 AM **The Blitz on London**
9.40 **Battle Honours**
10.50 **FILM We Dive at Dawn** World War Two drama. (1943, U, 97min) ★★★
1.00 PM **FILM Johnson County War: Part 1** Western. (2002, 12) ★★
2.55 **FILM Johnson County War: Part 2** Western. (2002, 12, 89min) ★★
4.50 **FILM Gunfighters** Western. (1947, PG) ★★
6.45 **FILM The Westerner** Western. (1940, b/w, U, 100min) ★★★★
9.00 **FILM The Dirty Dozen: The Fatal Mission** World War Two action sequel. (1988, PG, 91min) ★
11.05 **FILM Saints and Soldiers** Adventure. (2003, 15, 87min) ★★★
1.05 AM **FILM Absolute Zero** Disaster thriller. (2005, 12, 87min) ★
3.00 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.10 AM **FILM Nanny's Killer Scandal** (2018, 15) ★★
11.05 **FILM Dying for a Baby** Thriller. (2019, 12) ★★
1.05 PM **FILM Garage Sale Mystery: All That Glitters** Crime drama. (2014, PG, 87min) ★
3.00 **FILM Garage Sale Mystery: The Deadly Room** Crime drama. (2015, PG, 83min) ★★
4.55 **FILM Volcano** Thriller. (1997, 12, 103min) ★★
7.05 **FILM Babylon A.D** Sci-fi thriller. (2008, 12, 100min) ★★★
9.00 **FILM The Frozen Ground** Crime thriller. (2013, 15, 105min) ★★★
11.15 **FILM The 5th Wave** Sci-fi adventure. (2015, 15, 112min) ★★
1.50 AM **FILM The Wrong Daughter** Thriller. (2018, 12, 89min) ★★
4.00 **to 6.00** AM **FILM Final Recourse** (2013, PG) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM The Perfect Pairing** Romance. (2022, U, 82min) ★★
10.10 **FILM Love Struck Cafe** Drama. (2017, PG) ★★
12.05 PM **FILM Undercover Bridesmaid** Romance. (2012, PG, 86min) ★★
2.00 **FILM Wedding Season** Comedy. (2023, U) ★★
4.00 **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
6.05 **FILM Sailing into Love** Drama. (2019, PG) ★★
8.00 **FILM You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
10.00 **FILM Flowers and Honey** Romance. (2021, PG, 90min) ★★
11.55 **FILM One Perfect Wedding** Drama. (2021, PG, 84min) ★★
2.00 AM **Highway to Heaven**
3.05 **to 5.00** AM **FILM Love on Repeat** Comedy. (2019, PG, 81min) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Huckleberry Finn and His Friends** (S1)
8.30 **Monkey** 14/26. (S1)
9.30 **I Dream of Jeannie**
10.00 **Bewitched** 1/36. (S1)
10.30 **Fantasy Island** (S1)
1.30 PM **Watching** (S1)
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **I Dream of Jeannie**
6.30 **Bewitched** 1/36. First episode of the fantasy comedy. (S1)
7.00 **The Charmer** *Gorse, the Investor:* 2/6. Clarice Manners invites Gorse to France. (S1)
8.00 **Bust** *Love and Profit:* 2/6. Unsuccessful businessman Neil Walsh rebuilds his life. (S2)
9.00 **Married... with Children** 1-3/13. (S1)
10.30 **Police Woman** (S1)
11.30 **Fantasy Island** (S1)
2.30 AM **The Charmer** (S1)
3.30 **That's My Dog**
4.30 **to 6.00** AM **Married... with Children**

DMAX
159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions of the series, including at: **6.00** The Young Guns risk it all to find rare pineapple opal.
7.00 **Mysterious Creatures With Forrest Galante** Forrest and Jessica explore the myth of a lake monster in Lake Chelan, Washington. **8.00** Examining reports of a wolf-like creature in Missouri.
9.00 **The Face Doctors** Kamil has lost half of his nose and needs prosthetist Nigel's help. **10.00** After enduring years of torment, Holly wants a straighter nose.
11.00 **Body Bizarre**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Giada Entertains**
11.00 **James Martin: Delicious** Four editions.
1.00 PM **James Martin: Delicious** Four editions.
3.00 **Gok Wan's Easy Asian** Twelve editions of the series, including at: **7.00** Gok shares comforting dishes rooted in his heritage. **7.30** Gok makes three easy recipes perfect for a delicious quick lunch. **8.00** Gok shares his recipes for feeding family and friends. **8.30** Gok prepares a chicken wing recipe.
9.00 **Man v Food** Four editions, including at: **10.30** In Tampa, Casey devours a Cuban platter.
11.00 **Man v Food with Casey Webb** Casey heads to North Carolina.
11.30 **Man v Food** Triple bill.
1.00 **to 3.00** AM **Cake Boss**
+1hour 240/241 154

Legend
148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
10.00 **T.J. Hooker**
3.00 PM **FILM Rear Window** Thriller remake. (1998, PG, 86min) ★★
4.50 **FILM The 39 Steps** Adventure remake of Hitchcock's thriller. (1959, U, 93min) ★★★
6.45 **FILM They Made Me a Fugitive** Thriller starring Trevor Howard. (1947, b/w, PG, 104min) ★★
9.00 **FILM Safe** Action thriller starring Jason Statham. (2012, 15, 90min) ★★★
10.55 **FILM The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
12.45 AM **FILM Unfaithful** Thriller. (2002, 15, 123min) ★★★★
3.05 **to 5.00** AM **FILM Dr Jekyll and Sister Hyde** Horror chiller. (1971, 18, 94min) ★★★

Legend Xtra
317 171 69 138

6.00 AM **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
8.00 **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
10.00 **FILM The Fabulous Journey to the Centre of the Earth** Fantasy adventure. (1978, PG, 87min) ★★
12.00 NOON **FILM Alien Convergence** Thriller. (2017, 15, 90min) ★★
2.00 PM **FILM Jurassic Hunters** Sci-fi thriller. (2015, PG, 89min) ★★
4.00 **Farscape** 7-11/22. (S2)
9.00 **FILM Double Team** Thriller starring Jean-Claude Van Damme. (1997, 18, 93min) ★★
10.55 **FILM Hidden Agenda** Action thriller starring Dolph Lundgren. (2001, 18, 91min) ★★
1.00 **to 3.00** AM **FILM Double Team** As 9pm.
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Storage Wars**
8.00 **Swamp People**
10.00 **Wicked Tuna**
11.00 **Blown Away**
12.00 NOON **A Cut Above**
1.00 PM **Weird or What? With William Shatner**
3.00 **Ancient Aliens** Five editions, including at: **7.00** Experts question what probes on Mars may have found over the past 40 years.
8.00 **In Search of Aliens** The puzzling construction of Puma Punku in Bolivia.
9.00 **Indistinguishable from Magic** Exploring how the world will change the day aliens arrive.
10.30 **Alien Files: Unsealed** Alien influence in famous mysteries.
11.00 **The Proof Is Out There**
12.00 M'T **Strange Evidence**
1.00 AM **Court Cam**
2.00 **Container Wars**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 138 46 133

9.00 AM **Secrets of the Royal Palaces**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **World War II in Colour** Double bill.
7.00 **Nazi Megastructures** The German air force during World War Two. **8.00** Josef Goebbels' propaganda techniques.
9.00 **Countdown to War** The days leading up to World War Two starting with the story of the events of 1 September 1939.
10.00 **Buried Secrets of WWII** Pete Kelsey and Marty Morgan examine the German siege of Malta in 1940.
11.00 **Hitler: Germany's Fatal Attraction**
12.00 M'T **Britain's Greatest Bridges** Double bill.
2.00 AM **The Flying Scotsman** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Man v Food**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **My Dream Derelict Home** Five editions.
7.00 **My Dream Derelict Home** Renovating a Grade-II listed housel.
8.00 **Derelict Rescue** Isadora and Ben restore a 500-year-old farmhouse in Devon. **9.00** Ben is turning his back on city life to renovate a dilapidated 180-year-old barn. **10.00** Factory worker Rob takes on a huge one-man mission. **11.00** Chris and his father take on a chapel in Yorkshire. **12.00** M'T A rural barn catches the eye of recently retired couple Helen and Richard.
1.00 AM **Rock the Block**
2.30 **to 4.00** AM **Flip or Flop**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **Too Large**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Baylen Out Loud**
8.00 **The Bad Skin Clinic** A father who suffers from a condition that leaves him in constant pain.
9.00 **Dr Pimple Popper**
12.00 M'T **Conjoined Twins Special: Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Love Off the Grid**
3.00 **Sex Sent Me to the ER**
4.00 **I am Shauna Rae**
5.00 **to 6.00** AM **Curvy Brides Boutique**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Whose Line Is It Anyway? USA**
9.00 **Friends** (S7)
1.00 PM **FILM Bring It On** Teen comedy starring Kirsten Dunst. (2000, 12, 99min) ★★★★
2.50 **Friends** (S7)
5.00 **Michael McIntyre's Big Show** With Jack Whitehall, Sting, Ricky Gervais and Jamie Oliver.
6.00 **Friends** (S7)
9.00 **Michael McIntyre: Showtime** Stand-up.
10.00 **FILM Keanu** Action comedy starring Jordan Peele, Keegan-Michael Key and Tiffany Haddish. (2016, 15, 96min) ★★★
12.00 M'T **8 Out of 10 Cats**
1.00 AM **Lee Evans: Monsters**
2.00 **Teachers** (S3)
2.30 **Beavis and Butt-Head**
2.45 **FILM Bring It On** As shown at 1.00pm.
4.15 **to 5.00** AM **Guessable?**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** With Jamie Oliver.
10.00 **Home Improvement**
12.00 NOON **Michael McIntyre's Big Show**
1.00 PM **Friends** (S7)
3.00 **Impractical Jokers**
6.00 **Whose Line Is It Anyway? USA**
9.00 **Friends** 20/24. Rachel meets an old friend. With Winona Ryder. **9.30** 21/24. Chandler tries to write his vows. **10.00** 22/24. Chandler reluctantly visits his father in Las Vegas. **10.30** 23/24. Part one of two. Chandler goes missing on the eve of his wedding. (S7)
11.00 **Friends** (S7&8)
3.50 AM **Last Man Standing**
4.30 **Al Murray: One Man, One Guvnor Uncut**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Highway Cops**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Four Weddings**
11.00 **Nothing to Declare**
2.00 PM **MacGyver** Five episodes, including at: **4.00** *Mac + Desi + Riley + Aubrey:* 7/13. Angus and Desi witness a murder during a double date. **5.00** *Father + Son + Father + Matriarch:* 8/13. Oversight almost dies in a bomb attack. **6.00** *Code + Artemis + Nuclear + N3mesis:* 9/13. Los Angeles' power grid is taken hostage. (S4)
7.00 **Motorway Patrol** Ten editions of the series following the New Zealand highway patrol.
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own US Road Trip**
3.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

6.00 AM **Daria** 5/13. (S2)
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Teams**
3.00 **Catfish: The TV Show**
5.00 **Catfish: Repeat Offenders** Reality show.
6.00 **Catfish: Models**
7.00 **Catfish: The TV Show** Double bill of editions.
9.00 **Badass Brides** UK meets Russia as Cheryl weds her childhood sweetheart Roman.
10.00 **Ink Master** The artists create mind-bending masterpieces with chalk. **11.00** The artists face a portrait challenge.
12.00 M'T **Geordie Shore**
1.00 AM **True Life Crime**
2.00 **Catfish: Catch of the Day** Reality series.
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **The Last Woodsmen**
1.00 PM **Deadliest Catch** The crab fishing season begins with a derby-style race. **3.00** Jake's next move puts him at odds with Sig. **4.00** After leaving the *Northwestern*, Jake has a lot to prove on a huge new boat. **5.00** A below-deck brawl puts Sophia's captaincy to the test.
6.00 **Gold Rush** Parker chases a new red pay layer to keep his hot streak alive, and Rick's equipment has a meltdown.

1.00 Deadliest Catch

7.00 **Gold Divers** Abandoned by his crew, Chris McCully risks a winter solo dive without a tender.
8.00 **Harpoon Hunters** At the mid-season peak, three centuries-old fishing strategies compete.
9.00 **Marooned with Ed Stafford** The adventurer attempts to survive for 10 days in the heart of Africa – the Caprivi.
10.00 **Expedition Files** Josh Gates explores mind-bending mysteries, including invisible attacks on CIA operatives in Cuba.
11.00 **Moonshiners** Amanda and Kelly try to find a poisonous berry they can turn into safe-to-drink shine.
12.00 M'T **Caught!**
1.00 AM **Moonshiners**
2.00 **Moonshiners: Master Distiller**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Man-Eating Super Snake**
3.00 **Sharks of the Shadowlands**
4.00 **Bad Dog!** A swearing parrot and a dog that loves ice-cream.
5.00 **Animal Cops Philadelphia** The team remove a collar embedded in a dog's neck.
6.00 **Tanked** Film director Kevin Smith seeks a new home for two turtles and a tortoise.

3.00 Sharks of the Shadowlands

7.00 **How Do Animals Do That?** Exploring what lions say when they roar. **7.30** Why domestic cats get stuck in trees.
8.00 **Guardians of Rescue** Dori revisits homeless veteran George to help clean his campsite, where she finds a surprise.
9.00 **Animal Cops Houston** Freak weather hits Texas and the team fight to save eight horses swimming in a flooded pasture.
10.00 **Alaska: Surviving the Last Frontier** The group struggle to find enough food to eat, so Tim goes to hunt for goats.
11.00 **Legends of the Wild** A mysterious creature in Brazil. **12.00** M'T Investigating endangered ridley sea turtles.
1.00 AM **Alaska: Surviving the Last Frontier** Documentary.
2.00 **Bad Dog!** As 4.00pm.
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Mutant Weather**
12.00 NOON **Tornado Destruction: Caught on Camera**
1.00 PM **Drain the Oceans**
3.00 **Eyewitness: D-Day**
4.00 **Hitler's Last Stand: Fight to the Finish** Three missions in World War Two that put Allied soldiers to the test.
5.00 **World War II: Secrets from Above** The Battle of Britain. **6.00** Focusing on the story of the Battle of the Atlantic.

10.00 Camden

7.00 **World War II: Secrets from Above** The point in the war when the Allies took the beaches of northern France.
8.00 **Air Crash Investigation** Just moments after take-off, a Loganair cargo flight from Edinburgh crashes into the North Sea.
9.00 **Camden** New edition 3/4. The stories of US hip-hop stars who came to Camden looking for creative freedom.
10.00 **Camden** Series finale 4/4. How Camden shaped club culture, with contributions from Dua Lipa and Boy George.
11.00 **Britain's Underworld** The life of Curtis 'Cocky' Warren.
12.00 M'T **Mysterious Islands**
1.00 AM **Border Protection Spain**
2.00 **Money Meltdown**
2.55 **Food Factory USA**
3.45 **Lords of War**
4.35 **to 5.00** AM **Prairie Dog Dynasty**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Storage Wars**
6.30 **Dirty Old Cars**
7.00 **Flipping Bangers**
9.00 **The Curse of Oak Island**
10.00 **Pawn Stars**
11.00 **Pawn Stars: A Very Vegas Christmas** As 2.00am.
12.00 NOON **Pawn Stars**
1.00 PM **Evidence of the Unexplained** Four editions.
5.00 **Mayhem! The Secret Lives of the Georgian Kings** The 10-year reign of George IV.
6.00 **Secrets in the Ice** The history of the woolly mammoth.

9.00 The UnBelievable

7.00 **Britain's Secret Islands** The UK's greatest archaeological sites and historic wonders.
8.00 **Britain's Secret Islands** A visit to the Isle of Lewis, home of the 5,000-year-old standing stones of Callanish.
9.00 **The UnBelievable with Dan Aykroyd** A look at outlandish inventions, including a full-body gas mask for babies.
10.00 **The UnBelievable with Dan Aykroyd** A look at stories concerning so-called superhumans.
11.00 **Forged in Fire**
1.00 AM **Pawn Stars**
2.00 **Pawn Stars: A Very Vegas Christmas** The guys hold a Christmas barbecue with the stars of other reality shows.
3.00 **Pawn Stars**
4.00 **to 6.00** AM **Evidence of the Unexplained**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **The World at War**
11.00 **Porridge** Triple bill.
1.00 PM **American Pickers** Mike and Frank find an important part for a million-dollar car. **2.00** In Arkansas, Mike falls hard for a midget race car. **3.00** A vintage petrol station.
4.00 **James May's Cars of the People** The social significance of cars in the 20th century. **5.00** James enters the weird world of the microcar. **6.00** How aspiration and new wealth inspired some of the greatest cars ever made.

4.00 James May's Cars of the...

7.00 **Bangers & Cash** There's Hollywood glamour in the air as Derek picks up a Rolls-Royce that once belonged to Fred Astaire.
8.00 **Bangers & Cash** Paul and Charlie have the rare chance to pick up a trio of iconic Austin Healeys.
9.00 **Bangers & Cash** Derek collects a huge haul including two Bentleys, a traditional Bowtop caravan and a Daimler.
10.00 **'Allo 'Allo!** The British airmen are captured while paddling down the estuary. **10.40** Herr Flick and Von Smallhausen prepare to meet their maker as they face a firing squad.
11.20 **'Allo 'Allo!** Von Klinkerhoffen orders Rene and Edith to dress up as Hitler and Goering.
12.00 M'T **Bangers & Cash** Derek pick up a 1920s-style bus that isn't all that it seems.
1.00 **to 3.00** AM **Make It at Market**

+1hour 255 329

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **World's Greatest Motorcycle Rides**
8.00 **Wheeler Dealers**
8.30 **MotoGP On Quest: The Launch**
9.00 **MotoGP Highlights**
10.00 **The Ultimate Cycling Show** A comprehensive guide to bike racing.
11.00 **The Best of Wheeler Dealers** Series highlights.
12.00 NOON **Wheeler Dealers**
2.00 PM **Shed and Buried: Classic Cars** Double bill.
4.00 **Shed and Buried**
6.00 **Salvage Hunters**
8.00 **Salvage Hunters: Georgian House Restoration** Drew Pritchard makes a shocking discovery.
9.00 **Massive Engineering Mistakes** Double bill.
11.00 **Outback Truckers**
1.00 AM **Legend of Croc Gold**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes to the Dress: Big Bliss** Double bill.
9.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Disappeared** Six editions of the series.
9.00 NEW SERIES **A Killer's Mistake** Errors that gave murderers away.
10.00 **Murder Under the Friday Night Lights** New edition In 1985, police find the body of a beloved coach in southeast Texas.
11.00 **Faking It: Tears of a Crime** Jack Shepherd.
12.00 M'T **Shamima Begum: A Faking It Special**
1.00 AM **Ted Bundy: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Facing Evil**
7.00 **Bloodline Detectives** In 1968 California, a group of schoolboys discover a woman's body on Huntington Beach.
8.00 **Murder She Solved** The murder of a wealthy man who was found dumped in a quarry with a bullet in his head.
9.00 **Snapped: Killer Couples** Investigating the case of a teacher violently assaulted outside her home. **10.00** The sudden disappearance of a Georgia man triggers an investigation in the dangers of online dating.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
2.00 PM **Medical Detectives** The discovery of a baby girl's body after an alleged kidnapping. **2.30** Video footage and forensic evidence is used to track down a gang. **3.00** Scientists reopen a murder enquiry. **3.30** A doctor is accused of assaulting two female patients. **4.00** Evidence helps a woman wrongly convicted of killing her baby. **4.30** The study of tree ring growth helps solve a missing persons case.
5.00 **Voice of a Serial Killer** The case of Becky Watts, who vanished in 2015.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Teens Who Kill**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Road Wars**
8.00 **Highway Patrol**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Killer Siblings**
2.00 **The Killer Within**
3.00 **Murders That Shocked the Nation** Double bill.
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Catching the Killer**.
9.00 **How I Caught the Killer**
10.00 **Murder in Slow Motion: The Shana Grice Story**
11.00 **I'll Be Gone in the Dark**
12.10 AM **What the Killer Did Next** Michael Ryan.
1.05 **Love You to Death**
2.00 **Twisted Killers**
3.00 **An Unexpected Killer**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Walking with the Ancients** Documentary.
9.55 **Greek Myths: True Stories** As 6.15pm.
11.55 **Pompeii: Buried Secrets of the Villa Giuliana** Documentary.
1.00 PM **King Arthur's Britain: The Truth...**
2.20 **Egypt's Sun King: The Mystery Tombs**
4.35 **Walking with the Ancients** Documentary.
6.15 **Greek Myths: True Stories** The truth behind Greek myths and gods.
8.15 **King Arthur's Britain: The Truth Unearthed** Exploring what Dark Age Britain was really like.
9.30 **Pompeii: Buried Secrets of the Villa Giuliana** Documentary.
10.35 **Peru, Sacrifices in the Kingdom of Chimor**
12.00 M'T **Fall of the Maya Kings** Documentary.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

SATURDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering Tommy Lee Jones** A profile of the actor.
7.00 **Discovering: Michael Douglas**
8.00 **The Directors**
9.00 **The Man Who Stole The Scream** Documentary.
11.00 **Kareem: Minority of One**
12.45 PM **The Scheme**
3.00 **Elvis Presley: The Searcher** 1&2/2. Documentary about the life and career of the singer.
6.50 **Burden of Proof: Who Killed Jennifer Pandos?** 1/4. The case of a 15-year-old girl who went missing in 1987. **7.55** 2/4. Margie is offered a deal for testimony against Ron. **9.00** 3/4. Stephen believes his mother holds the key. **10.00** 4/4. Stephen learns of emerging persons of interest.
11.10 **Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life.
1.40 AM **Pete Doherty: Stranger in My Own Skin** Documentary.
3.30 **Look Away** Documentary.
5.20 **to 6.00** AM **The Great Horsemeat Scandal**

Sky Nature

124/125 822 189 354 369

6.00 AM **The Wild Wild East**
8.00 **Wild Crusades: The Monkey Diaries** The toque macaque.
9.00 **Big Cat Country** Triple bill.
12.00 NOON **Loons: A Cry from the Mist** A year in the life of the bird.
1.00 PM **Planet Weird** The portia spider devours its competition.
2.00 **Alien Abyss** Double bill.
4.00 **David Attenborough's Wild City** Four editions of the documentary, including at: **7.00** A look at the animals that inhabit Singapore's forests.
8.00 **Africa's Hunters** A 13-year-old leopard faces a challenge from a younger, stronger rival.
9.00 **Africa's Claws and Jaws** The snakes and lizards that lurk in the African shadows.
10.00 **Over Australia** 1/2. Aerial footage of the country's vast and dry interior plains. **11.00** 2/2. Aerial footage of the country's Great Dividing Range.
12.00 M'T **Africa's Hunters**
1.00 AM **Africa's Claws and Jaws**
2.00 **to 6.00** AM **Undiscovered Vistas**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **Combat Ships**
10.00 **Combat Trains**
11.00 **Combat Machines**
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
3.00 **Hitler: Uncovering His Fatal Obsession** Documentary.
4.00 **Looting History**
5.00 **Life After People** The possible fate of the holiday industry. **6.00** The possible skies of a post-apocalyptic world.
7.00 **Greatest Prison Escapes with Billy Hayes** A group of prisoners known as the Texas 7.
8.00 **Invasion: The Normans** 1/2. The 12th-century Anglo-Norman invasion of Ireland. **9.00** 2/2. In 1171, Henry II arrived to take control of Ireland, and granted land there to settlers from Britain.
10.00 **Ivan the Terrible** The real story of Russia's first tsar.
11.10 **Ancient Aliens** Triple bill.
2.00 AM **Digging Up Britain's Past**
4.00 **to 6.00** AM **Evidence of the Unexplained**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **#Textmewhenyougethome**
3.00 **Witness to Murder: Digital Evidence** Double bill.
5.00 **Cold Case Files: DNA Speaks**
7.00 **The Real Murders of Atlanta** A shooter who terrorised Atlanta's East Point suburb.
8.00 **A Perfect Scam** Exploring the world of scams and how con artists manipulate their victims.
9.00 **Murder at the Motel** An abandoned vehicle is found with two corpses in the back.
10.00 **Cops Gone Bad with Will Mellor** Lewis Edwards.
11.00 **West End Murders**
12.00 M'T **Robbie Coltrane's Critical Evidence** Double bill.
2.00 AM **Murder at the Motel**
3.00 **Murder By Medic**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Fish Tank Kings**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Amur Tiger: Secret Kingdom** Documentary.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** A pack of wild dogs choose a replacement for the dead leader.
8.00 **The Incredible Dr Pol** New editions Charles upgrades the computer system, but training is cut short due to an emergency call for a sick horse. **9.00** The fair's in town and Dr Pol is busier than ever making sure his clients have healthy cows, sheep and pigs to show.
10.00 **Predator Bloodlines** The matriarch of a clan nears the end of her life, with a replacement still to be chosen.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
1.00 PM **Shed and Buried**
3.00 **Salvage Hunters: Classic Cars** Triple bill, including at: **5.00** Featuring a 1970s Lotus Elan and a classic VW Golf GTI.
6.00 **Mega Engineering** Examining plans to build a 1,500ft dome over Houston in Texas. **7.00** An edition examining the possibility of building a tunnel between Asia and the USA. **8.00** Featuring an insight into a futuristic method of removing traffic in Washington, DC.
9.00 **Storm Chasers** Team Dominator decide to take a serious risk in order to warn people about a coming storm. **10.00** Team Dominator chase a tornado for a radar intercept. **11.00** Efforts to record a tornado at the point of impact. **12.00** M'T The most exciting moments from the series.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Expedition with Steve Backshall** Eight editions.
5.00 PM **The Bill** *Tulip:* While transporting a man for booking, two officers decide to respond to another emergency incident. **5.30** *Nothing But the Truth:* DI Burnside has problems with the Crown Prosecution Service. **6.00** *It's Not Majorca:* Mayhem ensues when Sun Hill's custody area deals with Barton Street's prisoners on temporary transfer. **6.35** *Mending Fences:* The Sun Hill officers struggle to nail a gang of thugs.
7.05 **Top of the Pops** Triple bill of classic chart-toppers.
9.00 **The Brokenwood Mysteries** *Leather and Lace:* 1/4. A rugby coach's body is found stripped tied to a goal post. (S2)
11.00 **The Bill** Four episodes.
1.05 AM **Top of the Pops**
3.10 **The Brokenwood Mysteries**
4.40 **Expedition with Steve Backshall** Documentary.
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Evil Stepmothers**
10.00 **Real Time Crime**
12.00 NOON **To Catch a Killer**
2.00 PM **I Almost Got Away with It**
4.00 **A Crime to Remember**
6.00 **Evil Lives Here: Shadows of Death** The story of the disappearance of Erika Verdecia. **7.00** A shocking common thread comes to light in several cold cases in Maryland.
8.00 **Blood Relatives** A case in which police responding to an apparent robbery found one family member dead and another in a critical condition.
9.00 **Evil Lives Here** A woman realises her mother is not an angel but in truth a killer.
10.00 **Born Evil: The Serial Killer & the Saviour** A man confesses when he believes his new cellmate is Jesus Christ.
11.00 **Murder in the Heartland**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Southern Fried Homicide**
4.00 **to 6.00** AM **Unravelled: Countdown to a Kill**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Motor Pickers**
5.00 PM **Kindig Customs** Triple bill.
8.00 **Ant Anstead Master Mechanic** As the Alfa build nears the halfway point, Ant's torn bicep threatens to derail the project. **8.30** Ant's 158 and injured arm both make progress. **9.00** The mechanics takes the team on a pilgrimage to see an original Alfa 158. **9.30** Ant's engine for the Alfa 158 is still missing in action. **10.00** Ant tries to take the Alfa 158 to the US Grand Prix. **10.30** Ant's ambitious Alfa build is on the home stretch. **11.00** Ant seeks out legendary designer Chip Foose for advice. **11.30** Ant rebuilds the Alfa 158.
12.00 M'T **Mike Brewer's World of Cars** Lowriders in East LA.
1.00 AM **Incredible Engineering Blunders: Fixed** Documentary.
2.00 **to 5.00** AM **Texas Metal**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Fox and Hare Save the Forest** As shown at 5.25am.
7.25 **The Garfield Movie** (2023)
9.10 **Turn Me On** As 3.40am.
10.55 **The Watched** As 11.40pm.
12.45 PM **Fight or Flight** As 8pm.
2.30 **The Garfield Movie** Animation. (2023, U, 101 min) ★★★
4.15 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
6.15 **Thelma** Comedy with June Squibb and Fred Hechinger. (2024, 12, 98min) ★★★★

9.45 MaXXXine

8.00 **Fight or Flight** Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2024, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 PREMIERE **MaXXXine** Horror thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actress Maxine Minx is stalked by a killer. With Elizabeth Debicki. (2024, 18, 104min) ★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Watched** Horror starring Dakota Fanning and Olwen Fouere. (2024, 15, 102min) ★★
1.30 AM **The Bikeriders** As 4.15pm.
3.40 **Turn Me On** Fantasy starring Luke Kirby and Bel Powley. (2024, 15, 99min) ★★★
5.25 **to 6.50** AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71 min)

Sky Cinema Hits

303 403 503 517

6.30 AM **Jules** (2023, 12) ★★★
8.15 **Arcadian** As 3.45am.
10.05 **Robin and the Hoods** Comedy. (2024, PG, 101 min) ★★
12.00 NOON **Sweethearts** Comedy. (2024, 15, 115min) ★★★
1.55 PM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★★
3.40 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
5.50 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★

8.00 Aquaman

8.00 **Aquaman** Comic-book adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. With Nicole Kidman, Willem Dafoe and Amber Heard. (2018, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Aquaman and the Lost Kingdom** Comic-book adventure sequel starring Jason Momoa and Yahya Abdul-Mateen II. The King of Atlantis sets out to defeat a ruthless mercenary, Black Manta. (2023, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Django Unchained** Western. (2012, 18) ★★★★
3.45 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
5.35 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.00 AM **My First Summer** (2020)
7.30 **Ray** As shown at 9.50pm.
10.05 **A Sacrifice** Drama starring Eric Bana. (2024, 15, 94min) ★★★
11.50 **Six Minutes to Midnight** (2020)
1.40 PM **Meet Joe Black** Supernatural drama starring Brad Pitt. (1998, 12, 181 min) ★★★★
4.40 **Mr Holmes** Period mystery with Ian McKellen and Laura Linney. (2015, PG, 101 min) ★★★★
6.30 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
8.00 **Lost in Translation** Bittersweet romantic comedy drama starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
9.50 **Ray** Biopic starring Jamie Foxx as soul music legend Ray Charles. With Kerry Washington. (2004, 15, 152min) ★★★★
12.30 AM **Six Minutes to Midnight** Thriller with Judi Dench, James D'Arcy and Jim Broadbent. (2020, 12, 99min) ★★★
2.20 **My First Summer** Drama starring Markella Kavenagh. (2020, 15, 80min) ★★★
3.45 **to 6.50** AM **Meet Joe Black**

Sky Cinema Sci-fi/Horror

311 411 511 525

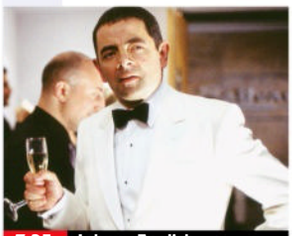
6.35 AM **I Saw the TV Glow** (2024)
8.20 **Resident Evil: Damnation**
10.10 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
12.50 PM **Insidious: The Red Door**
2.45 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
4.25 **The Crazies** Horror remake starring Timothy Olyphant. (2010, 15, 101 min) ★★★★
6.15 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 **Passengers** Sci-fi drama starring Jennifer Lawrence and Chris Pratt. Two travellers on a spaceship are woken 90 years before the end of their colonisation mission. With Laurence Fishburne and Michael Sheen. (2016, 12, 116min) ★★★
10.00 **Insidious: The Red Door** Horror sequel starring Patrick Wilson. (2023, 15, 107min) ★★
11.55 **Resident Evil: Damnation** Animation. (2012, 15) ★★★
1.40 AM **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★
3.30 **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★
5.20 **to 7.00** AM **Thir13en Ghosts** Horror. (2001, 15, 91 min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.00 AM **Hot Dog Derby** (2013)
7.30 **It Takes Two** As 11.00pm.
9.15 **Pan** As shown at 9.00pm.
11.10 **Zathura: A Space Adventure** Sci-fi. (2005, PG) ★★★★
12.55 PM **Hot Dog Derby** Family comedy. (2013, U, 82min) ★★
2.20 **Addams Family Values** Comedy. (1993, PG) ★★★★
4.00 **IF** Fantasy. (2024, U) ★★★
5.50 **Bean** (1997, PG) ★★★
7.25 **Johnny English** Comedy. (2002, PG, 88min) ★★★


7.25 Johnny English

Johnny English (film started at 7.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Pan** Fantasy adventure prequel to *Peter Pan,* starring Levi Miller, Hugh Jackman, Garrett Hedlund and Rooney Mara. An orphan is transported to a magical land and goes in search of the truth about his mother. (2015, PG, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **It Takes Two** Family comedy starring Mary-Kate and Ashley Olsen. (1995, U, 97min) ★
12.50 AM **Pups United** Adventure starring Matthew James Roberts. (2015, U, 89min) ★★
2.35 **The Adventures of Sharkboy and Lavagirl in 3-D** Children's fantasy adventure. (2005, U, 98min) ★★★
4.15 **to 6.05** AM **The Tiger Rising** Drama starring Dennis Quaid. (2022, PG, 102min) ★★★

Sky Cinema Fast

307 407 507 521

6.15 AM **The Cinema List: Fast Cars**
6.30 **Fast & Furious** As 1.25am.
8.25 **Fast & Furious 5** As 3.15am.
10.40 **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★
12.55 PM **Fast & Furious 7** Thriller. (2015, 12, 132min) ★★★★
3.15 **Fast & Furious 8** Action thriller starring Vin Diesel. (2017, 12, 136min) ★★★
5.35 **Fast X** Action thriller starring Vin Diesel and Jason Momoa. (2023, 12, 141min) ★★★★

5.35 Fast X

8.00 **The Fast and the Furious** Action thriller starring Vin Diesel and Paul Walker. An undercover cop joins a gang of illegal road racers he believes are responsible for a series of truck hijackings. (2001, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **2 Fast 2 Furious** Action thriller sequel starring Paul Walker and Tyrese Gibson. A former cop and his ex-con friend set out to clear their names by going undercover to infiltrate the world of a drugs baron. (2003, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Fast and the Furious: Tokyo Drift** Action thriller. (2006, 12, 104min) ★★
1.25 AM **Fast & Furious** Thriller. (2009, 12, 107min) ★★★
3.15 **Fast & Furious 5** Thriller. (2011, 12, 130min) ★★★
5.25 **to 7.35** AM **Fast & Furious 6**

Sky Cinema Comedy

308 408 508 522

7.05 AM **Dumb and Dumber To** Comedy. (2014, 15) ★★
9.00 **Scott Pilgrim vs. the World** Comedy. (2010, 12) ★★★★
11.00 **White Chicks** As 8.00pm.
1.00 PM **Wimbledon** Comedy. (2004, 12, 98min) ★★★
2.45 **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12) ★
4.45 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
6.25 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★

10.05 The Big Lebowski

8.00 **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. With Jaime King. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

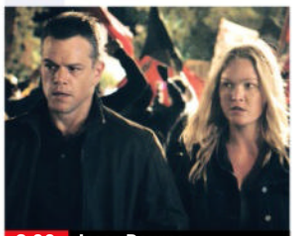
10.05 **The Big Lebowski** Offbeat comedy thriller starring Jeff Bridges and John Goodman. An ageing hippy is mistaken for his millionaire namesake and drawn into a strange intrigue. (1998, 18, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Cable Guy** Black comedy starring Jim Carrey. (1996, 12, 96min) ★★★★
1.55 **What Happens Later** Comedy. (2023, 15) ★★★
3.45 **The Brits Are Coming** Crime caper. (2018, 15, 90min) ★
5.30 **to 7.15** AM **Wimbledon**

Sky Cinema Assassins

309 409 509 523

7.35 AM **Swordfish** As 3.55am.
9.20 **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
11.45 **The Killer** Action thriller. (2024, 15, 126min) ★★★★
1.55 PM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
4.10 **The Locksmith** Mystery. (2022, 15, 88min) ★★★
5.45 **The Bourne Legacy** Thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★★


8.00 Jason Bourne

8.00 **Jason Bourne** Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Fight or Flight** Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2024, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Law Abiding Citizen** Thriller. (2009, 18, 109min) ★★
1.55 AM **Mob Land** Crime thriller. (2023, 15, 111min) ★★★
3.55 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
5.45 **to 7.55** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.40 PM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
2.40 **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
4.50 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
7.10 **Made in Italy** Comedy drama starring Liam Neeson. (2020, 15, 94min) ★★★

7.10 Made in Italy

Made in Italy (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Green Mile** Supernatural prison drama based on the novella by Stephen King, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

12.40 AM **Countdown** Horror starring Elizabeth Lail. A nurse downloads an app that predicts the time of a person's death, but things turn ugly when she learns she only has three days to live. (2019, 15, 90min) ★★★
2.25 **to 4.00** AM **Deerskin** French comedy horror with Jean Dujardin. Subtitled. (2019, 15, 77min) ★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Ultimate Action

302 402 502 516

7.00 AM **The Cinema List: Payback**
7.20 **Last Action Hero** As 1.45pm.
9.35 **Fight or Flight** As 6.05pm.
11.30 **Pain & Gain** As 3.35am.
1.45 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
4.00 **Bad Boys: Ride or Die** Action comedy adventure starring Will Smith. (2024, 15, 115min) ★★★
6.05 **Fight or Flight** Action thriller. (2024, 15, 98min) ★★★

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
10.10 **Crank** Thriller starring Jason Statham and Amy Smart. (2006, 18, 88min) ★★★★
11.45 **Crouching Tiger, Hidden Dragon** Chinese adventure starring Jet Li, Tony Leung and Maggie Cheung. Subtitled. (2000, 12, 120min) ★★★★★

1.50 AM **Hero** Chinese period adventure with Jet Li. Subtitled. (2002, 12, 99min) ★★★★
3.35 **Pain & Gain** Dark comedy. (2013, 15, 124min) ★★★
5.50 **to 8.05** AM **The Legend of Zorro** Adventure sequel. (2005, PG, 130min) ★★★

Sky Cinema Award Winners

304 404 504 518

7.50 AM **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
10.05 **The King's Speech** Royal drama starring Colin Firth. (2010, 12, 118min) ★★★★★
12.05 PM **Zero Dark Thirty** (2012)
2.45 **Saving Private Ryan** Steven Spielberg's World War Two drama starring Tom Hanks. (1998, 15, 169min) ★★★★★

5.35 **Forrest Gump** Whimsical fable starring Tom Hanks. (1994, 12, 136min) ★★★★
8.00 **Lee** Biopic of World War Two photographer Lee Miller, starring Kate Winslet and Andy Samberg. (2023, 15, 117min) ★★★
10.00 **Schindler's List** Steven Spielberg's historical drama with Liam Neeson. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (1993, 15, 195min) ★★★★★

1.25 AM **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★
4.15 **The Cinema List: Women Oscar Winners**
4.40 **to 6.40** AM **To Catch a Thief** Hitchcock comedy thriller. (1955, PG, 102min) ★★★★

Sky Cinema Animation

305 412 500 514

6.25 AM **The Cinema List: Family Favourites**
6.40 **The Swan Princess: The Secret of the Castle** As 3am.
8.10 **Paws of Fury: The Legend of Hank** As shown at 1.05am.
10.05 **Hotel Transylvania** As 11.20pm.
11.50 **Spider-Man: Across the Spider-Verse** As 5.35pm.
2.25 PM **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★

4.00 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
5.35 **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★★★
8.00 **Migration** Animated comedy. (2023, U, 83min) ★★★
9.30 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
11.20 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
1.05 AM **Paws of Fury: The Legend of Hank** (2022, PG) ★★★

3.00 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
4.20 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
5.55 **to 7.35** AM **Tad the Lost Explorer and the Secret of King Midas** (2017, U) ★★★

Movies 24

312 419

7.00 AM **The Wedding Cottage** Comedy. (2023, PG, 84min) ★★
9.00 **Love, Classified** Drama. (2022, PG, 90min) ★★
11.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
1.00 PM **Cut, Color, Murder** Mystery drama. (2022, PG, 84min) ★★
3.00 **A Royal Makeover** Romantic comedy starring Veronica Long. (2023, PG, 87min) ★★

5.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
7.00 **Love on Retreat** Romantic drama starring Ansley Gordon. A workaholic beauty brand employee falls for her boss's brother at a company retreat. (2023, PG, 85min) ★★
9.00 **Love in the Maldives** Romantic drama starring Jocelyn Hudon. A travel writer seeks the help of a tour guide in searching for a famous shipwreck in the Maldives. (2023, PG, 84min) ★★

11.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
1.00 AM **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Hearts in the Game** Comedy. (2023, PG) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Sherlock Holmes** (S1)
6.35 **Midnight at Madame Tussaud's** Chiller. (1936, b/w, PG) ★★★
7.55 **Black Saddle** 16/24. (S2)
8.25 **Stingray** 12/39. (S1)
9.00 **Batman** 6/60. (S2)
9.30 **Space Patrol** 38/39. (S1)
10.00 **Bar 20 Rides Again**
10.10 **Talking Feet** Musical drama. (1937, b/w, U, 79min) ★★★
11.30 **The Adventures of Robin Hood**

12.00 NOON **12 to the Moon** Sci-fi. (1960, b/w, U, 74min) ★★★
1.35 PM **One Step Beyond** (S1)
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5** 15/39. (S1)
3.00 **Captain Scarlet and the Mysterons** 8/32. (S1)
3.35 **Batman** Big-screen spin-off. (1966, U, 105min) ★★★★
5.40 **Celia** Thriller. (1949, PG) ★★★
7.00 **Z Cars** 29/31. (S10)
8.00 **A Family at War** 29/31. (S1)
9.05 **Went the Day Well?** Thriller. (1942, b/w, PG, 92min) ★★★★★

10.55 **Lost for Words** Drama.
12.30 AM **Element of Doubt** Thriller. (1996, 15, 100min) ★★
2.35 **Deathsport** Sci-fi drama. (1978, 18, 82min) ★★
4.15 **Echo of Diana** Thriller. (1963, b/w, PG, 61min) ★
5.30 **to 6.00** AM **Out of Town**

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **ICC Champions Trophy Cricket South Africa v England.** Coverage of the Group B match from National Stadium.
5.30 PM LIVE **SPFL St Mirren v Celtic.** Coverage of the Scottish Premiership match staged at SMISA Stadium. Kick-off **5.30pm**.
8.00 **Behind the Ropes**
8.30 LIVE **Super League Wigan Warriors v Warrington Wolves.** The match from the third round of fixtures at Allegiant Stadium in Las Vegas. Kick-off **9.30pm**.
12.00 M'T LIVE **NRL Canberra Raiders v New Zealand Warriors.** Coverage of the match from the opening round of the season from Allegiant Stadium in Las Vegas. Kick-off **12.00m't**.
2.00 AM LIVE **International Rugby League Australia v England.** Coverage from Allegiant Stadium in Las Vegas. Kick-off **2.15am**.
4.00 **Sky Sports News**
4.30 **to 6.30** AM LIVE **NRL Penrith Panthers v Cronulla-Sutherland Sharks.** From Allegiant Stadium in Las Vegas. Kick-off **4.30am**.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Gillette Soccer Saturday** Goal updates from the afternoon's football.
6.00 PM **The Big Interview**
6.30 **Premier League Stories**
7.00 **Virgil Van Dijk Social Story**
7.15 **Haaland 100 City Goals**
7.30 **Masterclass: Gianfranco Zola and Cole Palmer**
7.45 **Unpacked** With Pep Guardiola.
8.00 **Chasing the Dream** Tony Pulis and Rob Dorsett take a look into the English football system.
8.30 Tony and Rob find out how footballers make it to the top.
9.00 The stories of those who dropped out of the system.
9.30 How the academy system differs across the football pyramid.
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** From 1994/95.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **EFL Cup Retro** The 2018 final.
8.15 **Celtic's Invincibles**
9.15 **EFL Greatest Games**
9.45 **EFL Highlights** Championship.
10.00 **Saturday Social**
11.00 LIVE **EFL Leeds United v West Bromwich Albion.** Coverage of the Championship match from Elland Road. The reverse fixture back in August ended in a 0-0 draw, with the hosts drawing their second game in a row to start the season. Since then, Daniel Farke's side have improved considerably and are pushing for the title that would see them return to the Premier League after a two year absence. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SPFL St Mirren v Celtic.** Coverage of the Scottish Premiership match from SMISA Stadium, as Brendan Rodgers' side travel to the Glasgow border looking for another important three points in their quest for another title. Kick-off **5.30pm**.
8.00 **EFL** Another chance to see Leeds United v West Bromwich Albion.
10.00 PM **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Best of ICC WT20**
6.30 **WPL** Highlights from India.
7.30 **ICC Champions Trophy Cricket**
8.30 LIVE **ICC Champions Trophy Cricket South Africa v England.** Coverage of the Group B match staged at National Stadium in Karachi. England have never won this tournament since its inception in 1998, and are looking to reach their first final at this event since 2013. South Africa won the inaugural competition 27 years ago in Bangladesh after beating West Indies in the final by four wickets.
5.30 PM **Best of ICC WT20**
6.00 **ICC Champions Trophy Cricket**
8.00 **WPL** Royal Challengers Bengaluru v Delhi Capitals.
9.00 **ICC Champions Trophy Cricket** South Africa v England in the Group B match from Karachi.
10.00 **WPL** Royal Challengers Bengaluru v Delhi Capitals from M. Chinnaswamy Stadium.
11.00 **ICC Champions Trophy Cricket**
1.00 AM **WPL** Royal Challengers Bengaluru v Delhi Capitals.
4.40 **Ashes Greats** Archive action.
5.00 **to 6.00** AM **IPL**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **LPGA Tour Golf** The third day of the HSBC Women's World Championship staged at Sentosa Golf Club in Singapore.
7.30 LIVE **Icons Series Golf** Coverage of the first day from Robinswood Golf Club in Thailand.
10.30 LIVE **DP World Tour Golf** The third day of the Investec South African Open Championship staged at Durban Country Club.
3.00 PM LIVE **PGA Tour Golf** Coverage of day three of the Cognizant Classic in the Palm Beaches at PGA National Resort.
11.00 **Golf's Greatest Holes**
11.30 **TGL** The Bay v Jupiter Links.
1.30 AM **Playing Lessons**
2.30 **to 6.00** AM LIVE **LPGA Tour Golf** The fourth day of the HSBC Women's World Championship at Sentosa Golf Club in Singapore.

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 **ATP Tennis** Rio de Janeiro Open.
11.00 **WTA & ATP Tennis**
3.00 PM LIVE **ATP Tennis** Coverage of the Dubai Championships final.
5.00 **ATP Tour This Week**
5.30 **ATP Tennis** Recent finals.
7.30 LIVE **WTA Tennis** Coverage of day six of the Texas Open at the Westwood Country Club in Austin.
9.00 LIVE **WTA & ATP Tennis** Coverage from the Tours.
3.00 AM LIVE **ATP Tennis** Coverage of the Acapulco Open final at Arena GNP Seguros in Mexico.
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Isuzu UTE A-League Brisbane Roar v Melbourne Victory.** The Australian top-flight match from Suncorp Stadium in Brisbane. Kick-off **6.00am**.
8.00 **Champions League Magazine**
8.30 LIVE **Alpine Skiing** Run one of the men's giant slalom in Slovenia.
10.00 LIVE **Alpine Skiing** Race two of the women's downhill in Kvitfjell.
11.30 LIVE **Alpine Skiing** Coverage of run two of the men's giant slalom from Kranjska Gora in Slovenia.
12.30 PM **Premier League Netbusters**
1.00 **MotoGP** Grand Prix of Thailand.
1.30 **Premiership Rugby Cup**
2.30 LIVE **Allianz Premiership Women's Rugby** Coverage of the latest top-flight match.
5.30 **HSBC SVNS Highlights**
6.30 **MotoGP** Grand Prix of Thailand.
7.00 LIVE **Fight Night Live Ryan Garner v Salvador Jimenez.** The super featherweight title bout.
12.00 M'T LIVE **UFC Manel Kape v Asu Almabayev.** Coverage of the flyweight bout from UFC Apex.
3.00 AM **Serie A** Action from Italy.
4.00 **Alpine Skiing** In Kranjska Gora.
5.00 **NBA Action** Highlights.
5.30 **to 6.00** AM **NBA on Fire**

TNT Sports 2

411 871 528 409 431

5.45 AM LIVE **MotoGP** Coverage from the Grand Prix of Thailand.
8.45 **TNT Sports Reload**
9.00 **Alpine Skiing** From Kvitfjell.
9.30 LIVE **Alpine Skiing** Race two of the women's downhill in Kvitfjell.
11.30 **Men's Cycling Pro Series**
12.30 PM LIVE **Cycling: Omloop Het Nieuwsblad** Coverage of the one-day races from Belgium.
5.30 **Isuzu UTE A-League**
7.30 LIVE **Serie A** Coverage of a match from Italy's top division.
9.45 **Premier League Reload**
10.00 **UEFA Europa League & Conference League Magazine**
11.00 LIVE **NBA Charlotte Hornets v Washington Wizards.** The Eastern Conference match from Spectrum Centre. Tip-off **11.00pm**.
1.30 AM **NBA Action** Highlights.
2.00 **MotoGP** Grand Prix of Thailand.
2.30 LIVE **Motorcycling: Asia Talent Cup** Coverage of the second race from the first round of the season in Chang, Thailand.
3.30 LIVE **MotoGP** The Grand Prix of Thailand MotoGP warm-up.
4.00 **to 6.00** AM LIVE **MotoGP** The Grand Prix of Thailand Moto3 race in Buriram. Start-time **5.00am**.

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Hurricanes v Blues.** Coverage of the match staged at Sky Stadium in Wellington. Kick-off **6.05am**.
8.00 **Super League Highlights**
8.30 LIVE **Super Rugby Western Force v Queensland Reds.** From HBF Park. Kick-off **8.35am**.
10.30 **Super League Highlights**
11.00 **Fight Night** Two bout replays.
1.00 PM **Fight Night International**
2.00 **Super League Highlights**
8.00 **Behind the Ropes**
8.30 LIVE **Super League Wigan Warriors v Warrington Wolves.** Coverage from Allegiant Stadium in Las Vegas. Kick-off **9.30pm**.
12.00 M'T LIVE **NRL Canberra Raiders v New Zealand Warriors.** From Allegiant Stadium. Kick-off **12.00m't**.
2.00 AM LIVE **International Rugby League Australia v England.** Coverage of the match at Allegiant Stadium. Kick-off **2.15am**.
4.00 **NRLW Grand Final**
4.15 **NRL Grand Final Bitesize Hlts**
4.30 **to 6.30** AM LIVE **NRL Penrith Panthers v Cronulla-Sutherland Sharks.** From Allegiant Stadium. K-o **4.30am**.

Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
6.30 LIVE **Icons Series Golf** Coverage of the opening day from Robinswood Golf Club in Lam Luk Ka, Thailand, which sees professional golfers and football legends team up to compete in a 10-hole matchplay format.
10.30 **Gillette Labs Soccer Saturday**
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Blackburn Rovers v Norwich City.** Coverage of the Championship match at Ewood Park, as the teams meet for the second time this season. Kick-off **12.30pm**.
3.00 **Gillette Labs Soccer Saturday**
5.00 **EFL Greatest Games**
5.15 **Bundesliga** Archive action.
5.20 LIVE **Bundesliga Eintracht Frankfurt v Bayer Leverkusen.** Coverage of the German top-flight match at Deutsche Bank Park. Kick-off **5.30pm**.
7.30 **Sky Sports News**
9.00 LIVE **WTA & ATP Tennis** Coverage from the Tours.
1.00 AM **Sky Sports News**
2.00 LIVE **WTA & ATP Tennis** Further coverage from the Tours.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.30 LIVE **Icons Series Golf** Coverage of the opening day from Robinswood Golf Club in Thailand.
10.30 **WTA Tennis** Action from Dubai.
11.00 **The Gloves Are Off**
11.30 **Fight Night** Jonas v Habazin.
12.30 PM **Canvas: Viddal Riley**
12.50 **WPL** Recent T20 highlights.
1.50 LIVE **WPL Royal Challengers Bengaluru v Delhi Capitals.** Coverage of the match from M Chinnaswamy Stadium, Bengaluru.
5.30 **Icons Series Golf** The first day.
8.30 **Girlz Are Playaz Too**
9.00 **The Gloves Are Off**
9.30 **Natasha Jonas: Off Limits**
10.00 LIVE **NCAA Basketball Stanford Cardinal v SMU Mustangs.** From Maples Pavilion in Stanford. Tip-off **10.00pm**.
12.00 M'T LIVE **NCAA Basketball Duke Blue Devils v Florida State Seminoles.** T-o **12.00m't**.
2.00 AM **WPL** Action from India.
3.00 **ICC Champions Trophy Cricket**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 874 529 410 432

6.00 AM LIVE **Snooker World Open** Coverage from the first session of the final at Yushan Sport Centre in Yushan, China.
9.00 **Premier League Review**
10.00 **Premier League: Big Interview**
10.30 **Premier League Netbusters**
11.00 **UEFA Champions League Magazine** News and action.
11.30 LIVE **Snooker World Open** Coverage from the second session of the final from Yushan, China.
2.30 PM LIVE **Cycling: O Gran Camino** Coverage of stage four.
4.30 **NBA** Lakers v Clippers.
6.00 **NBA on Fire** The latest news.
6.30 **UEFA Champions League Magazine** News and action.
7.00 **Premiership Women's Rugby**
8.00 **Snooker World Open** The final.
10.00 LIVE **UFC** The preliminary bouts.
12.00 M'T LIVE **UFC Manel Kape v Asu Almabayev.** Coverage of the flyweight bout from UFC Apex.
3.00 **to 6.00** AM **Cycling Highlights**

TNT Sports 4

414 876 530 411 434

7.00 AM LIVE **A-League Women Western United v Melbourne Victory.** Kick-off **7.00am**.
9.00 LIVE **Freestyle Skiing** Almaty.
10.30 **TNT Sports Reload**
11.00 LIVE **Nordic Combined Skiing**
12.00 NOON **Highlights**
1.00 PM LIVE **Cross Country Skiing**
2.00 **Motorsport** Recent action.
3.00 LIVE **Nordic Combined Skiing**
3.30 **MotoGP** Grand Prix of Thailand.
4.00 LIVE **Ski Jumping** In Norway.
5.45 **TNT Sports Reload**
6.00 **Fishing: On the Bank**
7.00 **Alpine Skiing** In Kvitfjell, Norway.
7.30 LIVE **Ski Jumping** In Norway.
8.45 **Winter Sports** Recent action.
10.15 **Men's Cycling Pro Series**
11.15 **Highlights**
12.00 M'T LIVE **Marathon** In Tokyo.
3.00 AM LIVE **A-League Women Wellington Phoenix v Adelaide United.** Kick-off **3am**.
5.00 **to 6.00** AM **Fishing**

Premier Sports 1

419 551

6.00 AM **World Surf League**
6.30 **Downhill Skateboarding**
7.00 **Transworld Sport** Magazine.
8.00 **NHL Ice Hockey** Recent action.
10.00 **LaLiga** A match replay.
12.00 NOON LIVE **United Rugby Championship Lions v Sharks.**
2.30 PM LIVE **United Rugby Championship Bulls v Stormers.** Kick-off **3.00pm**.
5.00 **Sporting Greats**
5.30 **NHL on the Fly** The latest news.
6.00 **Transworld Sport** Magazine.
7.00 LIVE **United Rugby Championship Glasgow Warriors v Ospreys.**
10.00 **Sporting Countdowns**
11.00 **NHL Tonight** Wing players.
12.00 M'T LIVE **NHL Ice Hockey Carolina Hurricanes v Edmonton Oilers.** F-o **12.00m't**.
3.00 AM **Sporting Greats**
3.30 **Jordan Half Marathon**
4.00 **to 6.00** AM **United Rugby Championship**

Premier Sports 2

420 552

6.00 AM **LaLiga** A match replay.
8.00 **NHL Ice Hockey**
10.00 **Temples of Sport**
10.30 **United Rugby Championship**
12.30 PM **Temples of Sport**
1.30 **URC in 60** Highlights.
2.30 LIVE **United Rugby Championship Leinster v Cardiff.** Kick-off **3.00pm**.
5.00 LIVE **United Rugby Championship Ulster v Scarlets.** Kick-off **5.15pm**.
7.15 LIVE **United Rugby Championship Connacht v Benetton.** Kick-off **7.35pm**.
10.00 **Bike World** Magazine.
10.30 **Temples of Sport**
11.00 LIVE **NHL Ice Hockey Columbus Blue Jackets v Detroit Red Wings.** F-o **11.00pm**.
2.00 AM **NHL: This is Hockey**
2.30 **Temples of Sport**
3.00 **United Rugby Championship**
5.00 **Bike World** Magazine.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** Action from 2024.
11.00 **F1 Show 2024 Season Review**
12.30 PM **Testing Wrap** From Bahrain.
1.00 **Ted's Notebook**
1.30 **F1 Show 2024 Season Review**
3.00 LIVE **Indycar** The Grand Prix of St Petersburg second practice.
4.30 **Testing Wrap** The third day.
5.00 **Ted's Notebook**
6.00 **Lewis Hamilton: Why Heritage Matters** With Naomi Schiff.
6.30 **The Rookies** Documentary.
7.30 LIVE **Indycar** The Grand Prix of St Petersburg qualifying session.
9.00 **F1 75 Season Launch**
11.30 **Indycar** Action from Florida.
1.00 **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

SKY HD SD VIRGIN HD EE HD

Sunday

2 March

Evening Planner

Sunday

Documentary

The Americas
BBC1, 6.30pm
Beautifully shot, with plenty of 'how did they film that?' moments, this series narrated by Tom Hanks is a must-see.

Drama

Towards Zero
BBC1, 9pm (box set, BBC iPlayer)
A three-part adaptation of the Agatha Christie mystery, starring Anjelica Huston (above), Clarke Peters and Matthew Rhys.

Crime Drama

The Bay
ITV1, 9pm (box set, ITV1)
As the crime drama returns, DS Jenn Townsend has to put her grief aside when the team investigate a student's murder.

Awards

Oscars
ITV1, 10.30pm
Jonathan Ross watches over proceedings from the ITV studio, with British hopes including Ralph Fiennes and Cynthia Erivo.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.15 Antiques Roadshow	8.00 Call the Midwife		9.00 Towards Zero		10.00 News	10.30 Film: Calendar...
	102 BBC2	◂ 6.30 This Farming...	7.30 Mortimer &...	8.00 Wild Scandinavia		9.00 Forensics: The Real CSI		10.00 Film: Training Day	
	103 ITV1	◂ 6.30 Dancing on Ice		8.00 Who Wants to Be a Millionaire?		9.00 The Bay		10.00 News	10.30 Oscars
	104 CHANNEL 4	◂ 5.30 Film: Star Trek	7.45 The Great Pottery Throw Down			9.00 Film: Beast			
	105 CHANNEL 5	◂ 6.30 The Great Fog of 1952		8.00 Inside Greggs: The Billion Pound Bakery		9.00 Inside the Four Seasons Park Lane		10.00 Murder Suspect No 1	
	106 SKY SHOWCASE	◂ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 David Attenborough's Global...		9.00 David Frost Vs		10.00 Film: Riddick	
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Waterloo Road		9.00 Film: The Last Letter from Your Lover			
	116 BBC4	7.00 Mark Kermode's Oscar Winners...		8.00 Amazon with Bruce Parry		9.00 St David's Day: Calan in Concert		10.00 Other Voices: Cardigan with Huw...	
	118 ITV2	◂ 6.55 Film: Wonder Woman 1984						10.00 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	◂ 6.50 Four in a Bed		7.55 PopMaster TV		9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: A Quiet Place			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 FBI: International	
	108 SKY ATLANTIC	◂ 6.25 Homicide: Life on the Street							10.25 The Wire
	110 U&GOLD	7.00 Only Fools and Horses			8.20 Dad's Army	9.00 The Fast Show			10.20 Paul Whitehouse's...
	111 U&DAVE	◂ 6.40 Highland Cops		8.00 Speed with Guy Martin		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	7.00 Rosemary & Thyme		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Darts: UK Open – Live: The semi-finals and final							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans – Monsters		10.00 Film: About Last Night	
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Film: Dracula – Prince of Darkness			
	113 SKY MAX	7.00 Grimm		8.00 Freddie Fries Again		9.00 A League of Their Own US Road Trip		10.00 Poker Face	
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	◂ 6.20 Matthew Bourne's Edward...		8.00 Film: Revenge of the Pink Panther				9.55 The Lot of Fun: Where the Movies...	
	132 U&W	7.00 Inside the Ambulance				9.00 Nurses on the Ward			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Marooned with Ed Stafford		10.00 Mega Shippers	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Celebrity Animal Encounters		9.00 Tanked		10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 Mutant Weather		8.00 Mysterious Islands		9.00 Elizabeth I: The Secret Life		10.00 Witches: Truth Behind the Trials	
	123 SKY HISTORY	7.00 Ultimate Mysteries				9.00 The Tattooist's Son: Journey to Auschwitz			
	155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 Antiques Roadshow				10.00 Bangers & Cash	
	121 SKY DOCS		7.10 I Am Burt Reynolds			9.00 David Frost Vs		10.00 What's My Name: Muhammad Ali	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.00 The Bikeriders		8.00 Fight or Flight			9.45 MaXXXine		
	302 ULTIMATE ACTION		7.10 The Beekeeper			9.00 Bad Boys			
	303 HITS	◂ 5.55 Aquaman and the Lost Kingdom		8.00 Transformers: Rise of the Beasts					10.10 Django Unchained
	304 AWARD WINNERS	◂ 6.25 Gravity		8.00 Oppenheimer					
	305 ANIMATION	◂ 5.50 Hotel...	7.35 Cloudy with a Chance of Meatballs 2				9.25 The Swan Princess		
	306 FAMILY		7.15 The Flintstones		8.50 The Flintstones in Viva Rock Vegas				10.25 Batteries Not...
	307 FAST	◂ 6.20 The Fast and the Furious: Tokyo Drift		8.05 Fast & Furious				9.55 Fast & Furious 5	
	308 COMEDY	◂ 6.05 Tropic Thunder		8.00 You, Me and Dupree				9.55 What Happens Later	
	309 ASSASSINS	◂ 6.05 Fight or Flight		8.00 Law Abiding Citizen				9.55 The Equalizer 3	
	310 DRAMA	◂ 6.40 Boy Meets Boy		8.00 Dunkirk				9.55 To Olivia	
	311 SCI-FI	◂ 6.10 Ex Machina		8.00 Interstellar					
	313 FILM4	◂ 6.50 Suffragette				9.00 Everything Everywhere All at Once			
SPORT	401 MAIN EVENT	◂ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 PGA Tour Golf – Live: The Cognizant Classic in The Palm Beaches					
	402 PREMIER LEAGUE	◂ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 Chasing the Dream				10.00 Class of '92: Full Time	
	403 FOOTBALL	◂ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 SPFL					10.15 EFL Highlights
	404 CRICKET	7.00 ICC Men's Cricket World Cup '23 – Made In India			8.30 Best of ICC...	9.00 ICC Champions Trophy Cricket			
	410 TNT SPORTS 1	◂ 5.30 Fight Night...	7.30 Serie A – Live: Football from Italy's top division				9.45 MotoGP		
	411 TNT SPORTS 2	◂ 6.00 NBA – Live: Boston Celtics v Denver Nuggets (Tip-off 6.00)			8.30 NBA on Fire	9.00 UFC			

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
7.55 **Match of the Day: FA Cup** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning Live** Series finale
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **The Gruffalo** (S)(R)(AD)
2.15 **Gladiators: Epic Pranks** New edition Giant is pranked. (S)
2.35 **Gladiators** 6/11. The first round of the quarter-finals. (S)(R)(AD)
3.35 **BBC News** (S)
3.50 **Local News** (S)
4.00 LIVE **Match of the Day: FA Cup** Manchester United v Fulham: Coverage of the fifth-round tie from Old Trafford. Kick-off is at 4.30. *See feature, page 28.* (S)

8.00 Call the Midwife

6 PM
6.30 NEW SERIES **The Americas** 1/10. Documentary series showcasing the natural world of the American continents. Narrated by Tom Hanks. *See feature, page 20.* (S)(AD)

7 PM
7.15 **Antiques Roadshow** Fiona Bruce presents the show from Alexandra Gardens in Cardiff, where treasures include a Maori pipe, a book listing wartime spies and a rare SAS medal collection. (S)(R)

8 PM
8.00 **Call the Midwife** Series finale 8/8. A mother-and-baby home is evacuated, Nancy's wedding plans take a surprising turn, and Sister Catherine takes her first vows. (S14) (S)(AD)

9 PM
9.00 NEW SERIES **Towards Zero** 1/3. Adaptation of Agatha Christie's novel, starring Anjelica Huston. A volatile mix of guests converge on a coastal estate. *See feature, page 8.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Calendar Girls** Comedy starring Helen Mirren and Julie Walters. Two friends in a Yorkshire village hit upon an unusual fund-raising venture. (S) (2003, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **The Women's Football Show** Highlights of the weekend's games in the Super League. (S)
1.00 **Superman & Lois** New episodes 7/10. Clark is determined to protect his secret. (S)(AD)
1.45 8/10. Luthor challenges Lois to a telecast debate. (S4) (S)(AD)
2.25 **Weather for the Week Ahead** (S)
2.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.10 AM **A to Z of TV Gardening** (S)(R)
6.55 **Countryfile** (S)(R)
7.55 **Breakfast** (S)
9.00 **Weatherman Walking: The Welsh Coast** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Andi Oliver's Fabulous Feasts** From Stoke-on-Trent. (S)(R)(AD)
12.00 NOON **This Farming Life** (S)(R)
1.00 PM **A Countryside Winter** (S)(R)
1.30 FILM **Richard III** Adaptation of Shakespeare's play, directed by and starring Laurence Olivier. (S) (1955, U, 150min) ★★★★★
4.00 **The World's Busiest Railway** 3/4. Robert Llewellyn visits a carriage repair facility. (S)(R)(AD)
5.00 **Flog It!** From Derbyshire. (S)(R)
5.30 **Countryfile** New edition The wildlife of the Humber Estuary. (S)

9.00 Forensics: The Real CSI

6 PM
6.30 **This Farming Life** New edition 6/12. Sally loses three lambs in one day and has to call out the vet for a ewe who's had a difficult birth. Meanwhile, storms cause a lambing nightmare for Nick and his 'easy-care' sheep. (S)

7 PM
7.30 **Mortimer & Whitehouse: Gone Fishing** 2/6. Paul Whitehouse and Bob Mortimer are joined by Feargal Sharkey on the River Lea in Hertfordshire. (S)(R)(AD)

8 PM
8.00 **Wild Scandinavia** 3/3. The dramatic extremes of the Nordic territories, where polar bears, arctic foxes and musk ox survive in a world that ranges from total darkness to midnight sun. (S)(R)(AD)

9 PM
9.00 NEW SERIES **Forensics: The Real CSI** 1/3. West Midlands police officers are called to the scene of a stabbing. As forensics comb the property, they realise it is being used as a brothel. (S)(AD)

10 PM
10.00 FILM **Training Day** Crime thriller starring Denzel Washington and Ethan Hawke. The proposed new recruit to an elite LA narcotics squad discovers that the unit's leader is involved in the drugs underworld. (S) (2001, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 FILM **Lynn + Lucy** Drama starring Roxanne Scrimshaw and Nichola Burley. A Harlow party girl and her best friend's close bond becomes strained when domestic tragedy strikes. (S) (2019, 15, 85min) ★★
1.20 AM **Sign Zone: Amanda & Alan's Spanish Job** (S)(R)(AD)
1.50 **Sign Zone: Question Time** (S)(R)
2.50 **Sign Zone: Virdee** (S1) (S)(R)(AD)
3.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **In for a Penny** (S)(R)(AD)
6.25 **Britain's Got Talent** (S)(R)
7.30 **James Martin's Saturday Morning** With Dan Ryan. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition With Philip Glenister and Jenny Agutter. (S)
11.25 **Love Your Garden** (S)(R)(AD)
12.25 PM **ITV News** (S)
12.45 LIVE **Football: FA Cup** Newcastle United v Brighton & Hove Albion: The fifth-round tie from St James' Park. Kick-off is at 1.45. *See feature, page 28.* (S)
4.25 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
5.00 **The Chase Celebrity Special** Scott Mills, Gareth Malone, Louise Minchin and Glenn Hoddle compete for charity. (S)(R)(AD)

8.00 Who Wants to Be a Millionaire?

6 PM
6.00 **ITV News** (S)
6.15 **Local News** (S)
6.30 **Dancing on Ice** New edition Holly Willoughby and Stephen Mulhern host as the four remaining celebrities take to the ice alone for the first time to fight for a place in the Grand Final. Featuring a performance by Diversity. (S)

8 PM
8.00 **Who Wants to Be a Millionaire?** New edition Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)

9 PM
9.00 NEW SERIES **The Bay** 1/6. Return of the drama set in Morecambe. DS Jenn Townsend returns to work while still grieving her father's death. *See feature, page 6.* (S5) (S)(AD)
■ Continues tomorrow

10 PM
10.00 **ITV News** (S)
10.30 LIVE **Oscars** Jonathan Ross presents coverage of the 97th Academy Awards, including footage from the red carpet at the Dolby Theatre in Los Angeles with Ross King, before the ceremony begins at midnight, UK time, hosted by US TV host and comedian Conan O'Brien. *See feature, page 11.* (S)
3.05 AM **Ainsley's National Trust Cook Off** With chefs Yvonne Cobb and Rupy Aujla. (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Nisha Katona's Home Kitchen** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

5.55 AM **Cheers** 10-13/25. (S3) (S)(R)
7.40 **Everybody Loves Raymond** (S)(R)
8.30 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Jon Ronson, Megan McKenna, Jake Kenny-Byrne and Liz Pichon. Plus, music from Antony Szmierek. (S)
1.00 PM **The Simpsons** Triple bill of the animated comedy. (S)(R)(AD)
2.30 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
5.00 **News** (S)
5.30 FILM **Star Trek** Sci-fi adventure prequel starring Chris Pine and Zachary Quinto. Rebel Starfleet graduate James T Kirk falls foul of young Vulcan officer Spock when he joins the new starship, *Enterprise*. With Simon Pegg, Eric Bana and Leonard Nimoy. (S)(AD) (2009, 12, 135min) ★★★★

9.00 Beast

6 PM
FILM **Star Trek** (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM
7.45 **The Great Pottery Throw Down** New edition 9/10. In the semi-final, the four remaining potters must create Hellmouth fireplaces, before guest judge Jon Plant of Moorland Pottery sets a surprise second challenge. Hosted by Siobhán McSweeney, with regular judges Keith Brymer Jones and Rich Miller. (S)(AD)

8 PM

9 PM
9.00 FILM **Beast** Action thriller starring Idris Elba and Sharlto Copley. A recently widowed man and his teenage daughters find their holiday at a South African nature reserve turns into a nightmare when they are hunted by a huge rogue lion in the savanna. (S)(AD) (2022, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM
10.45 **Gogglebox** The armchair critics share their opinions on what they have been watching on TV. (S)(R)
11.50 NEW **Walter Presents: Arctic Circle** 1/6. Finnish crime drama with Iina Kuustonen. Subtitled. (S1)
■ Entire series on C4 online
12.45 AM FILM **Red Sparrow** Spy thriller starring Jennifer Lawrence and Joel Edgerton. (S)(SL)(AD) (2018, 15, 140min) ★★★
3.05 **Jamie's Comfort Food** (S)(R)
3.15 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

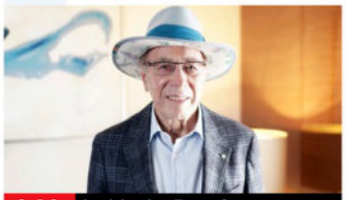
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)
9.15 **Friends** 4/24. (S1) (S)(R)(AD)
9.40 **A Country Life for Half the Price** Triple bill. (S)(R)
12.30 PM **Tales from the Riverbank** The River Thames. (S)(R)
1.30 **Secret Life of the Forest** Double bill of editions. (S)(R)
3.30 **Our Yorkshire Farm** 4/6. Edith and Violet are inspired to search the barn for evidence of previous occupants. (S)(R) **4.30** 5/6. The Owen family struggle through two devastating winter storms. (S)(R)
5.30 **Around the World in First Class** 1/4. Josie Gibson explores the world of first-class travel, beginning in Dubai. (S)(R)



9.00 Inside the Four Seasons...

6.25 **News** (S)
6.30 **The Great Fog of 1952** Dr Xand Van Tulleken and Raksha Dave investigate the smog that affected London in 1952, which is one of the deadliest environmental disasters recorded and one of the world's worst peacetime catastrophes. (S)(R)
8.00 **Inside Greggs: The Billion Pound Bakery** Documentary revealing the secrets of the successful bakery chain, offering a behind the scenes look at the products they sell. (S)(R)
9.00 **Inside the Four Seasons Park Lane** New edition 2/4. The staff prepare for a visit from hotel founder and philanthropist Isadore Sharp, who will spot any slip in standards. (S)
10.00 **Murder: Suspect No 1** 5/5. A man is violently attacked and left for dead in his burning flat, leaving detectives to determine what drove the perpetrator to commit such a crime. (S)(R)
11.05 **Prime Suspect: Hunting the Predators** Documentary. (S)(R)
12.35 AM **Friends** (S1) (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Discovering Atlantis with Dan Snow** Documentary. (S)(R)
4.10 **Friends** (S1) (S)(R)(AD)
4.35 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.25 **to 5.40** AM **Entertainment News** (S)(R)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **MC Grammar: Reading is Amazing** (S)(R)
6.05 **My Little Pony: Friendship is Magic** Double bill. (S)(R)
6.55 **Where's Wally** (S)(R)
7.45 **Dig Detectives** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S8) (S)(R)
11.00 **The Simpsons** (S)(R)
2.00 PM **LIVE Football: WSL** Brighton & Hove Albion v Chelsea: The Women's Super League match from Broadfield Stadium. Kick-off is at 3.00.
5.00 **LIVE Football: WSL** Arsenal v West Ham United: All the action from the Women's Super League clash from Meadow Park. Kick-off is at 5.30.

9.00 David Frost Vs

LIVE Football: WSL (started at 5.00pm)
8.00 **David Attenborough's Global Adventure: The Rise of Nature** Documentary in which the veteran broadcaster explores the rise of life on Earth. (S)(R)
9.00 **David Frost Vs** New edition 2/3. The journalist's famous interviews with Muhammad Ali. *See feature, page 21.* (S)
■ Entire series on Box Sets
10.00 **FILM Riddick** Sci-fi thriller sequel starring Vin Diesel. Space fugitive Riddick combats bounty hunters and fearsome monsters on a desert planet. (2013, 15, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Saturday Night Live** Satirical sketch show. (R)
1.45 **Brassic** 2/6. Vinnie strikes a deal with McCann and has to collect a guy called Tony Tillerton, but what seems like a simple task goes wrong. (S2) (S)(R)(AD)
2.40 **Road Wars** Double bill. (R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **12.10** Sportscene: Premiership Highlights (S)(R) **1.10** The Women's Football Show (S) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Rick Stein's Cornwall (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm NEW Réiteoir! (S) **11.00** Sunday Politics Northern Ireland (S)(R) **11.30-11.55pm** The Chronicles of Armagh (S)(R)

WALES
Sky 968, Freesat 968
8.00-9.00pm Celebrity Antiques Road Trip New edition (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Siwrna Scandi Chris **10.00** Yr Afon **11.00** Dechrau Canu Dechrau Canmol **11.30** Gwesty Aduniad **12.30pm** Bois y Pizza: Chwe' Gwlad (AD) **1.00** Cymry ar Gynfas **1.30** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **2.00** Y Fets (AD) **2.25** Efaciwis (AD) **3.20** Ffermio **3.55** Clwb Rygbi **5.40** Pobol y Cwm Omnibws (AD) **6.45** Dechrau Canu Dechrau Canmol New edition **7.15** Newyddion a Chwaraeon **7.30** Y Llais New edition **9.00** Y Swn (AD) **10.30** Ty Ffit **11.30pm-12.20am** Stryd i'r Sgrym

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** A Walford family are in need of help. **7.30** Grant offers support to an unlikely resident.
8.00 **Waterloo Road** 3/8. Stace falls victim to the drastic new school rules. (S15)
9.00 **FILM The Last Letter from Your Lover** Romantic drama starring Shailene Woodley, Callum Turner and Felicity Jones. A journalist discovers secret letters from 1965, and becomes determined to solve the mystery of the forbidden affair at their centre. (2021, 12, 110min) ★★★
10.40 **Becoming Glinda with Ariana Grande** *Wicked* star Ariana Grande discusses the movie with Ali Plumb.
11.10 **Bad Education** 1&2/6. (S1)
12.10 AM **Boot Dreams: Now or Never** Documentary.
1.10 **Hire Me: Competing for a Dream Job**
2.10 **Hunting the Online Sex Predators** Documentary.
3.00 **to 4.00** AM **Boot Dreams: Now or Never**

+1 hour 236/237 | 347 | 125

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Mark Kermode's Oscar Winners: A Secrets of Cinema Special** The film critic looks back at previous Oscar winners.
8.00 **Amazon with Bruce Parry** The adventurer hunts for the Amazon's biggest fish, the pirarucu.
9.00 **NEW St David's Day: Calan in Concert** Folk group Calan and the BBC National Orchestra of Wales deliver a performance of their unique take on traditional Welsh folk music for St David's Day.
10.00 **Other Voices: Cardigan with Huw Stephens** Highlights from the music festival, featuring James Dean Bradfield, Nadine Shah and Bill Ryder-Jones.
11.00 **BBC Proms 2017: Malcolm Sargent Revisited**
1.10 AM **Nile Rodgers: This Cultural Life**
1.40 **Parkinson: The Richard Burton Interview**
2.20 **to 3.20** AM **Amazon with Bruce Parry**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
2.35 PM **Come Dine with Me** Five editions from Cardiff.
5.10 **Four in a Bed** The competition begins at the Edge Accommodation in Huddersfield, West Yorkshire. **5.40** The second visit is to Darwin Lake Holiday Village in Matlock, Derbyshire. **6.15** The third visit of the week is to Sands Resort Hotel and Spa in Newquay. **6.50** The final visit is to Oak Tree Lane yurt site in Devon.
7.20 **Four in a Bed** The owners meet for the last time.
7.55 **PopMaster TV** Ken Bruce hosts the seventh heat of the music quiz, as five more players prove just how much they know about music.
9.00 **The Emergency Ward** New edition Dr Mark Putland examines a quarry worker's mangled arm, and Dr Jonathan Papson removes a screw from a patient's thumb after a DIY mishap.
10.00 **24 Hours in A&E** A 74-year-old woman is rushed into St George's with a dangerously high heart rate.
11.05 **Emergency Helicopter Medics** Documentary.
12.05 AM **999: On the Front Line**
1.10 **Emergency Helicopter Medics** Documentary.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.20 **Ramsay's Kitchen Nightmares USA**
11.20 **Married at First Sight UK: Reunion Special**
12.50 PM **The Big Bang Theory**
3.50 **FILM Hotel Transylvania: Transformania** Animated family adventure featuring the voice of Andy Samberg. A failed experiment turns Johnny into a monster and everyone else into humans. (2022, PG, 87min) ★★
5.35 **The Simpsons** Triple bill.
7.00 **The Simpsons** *The Good, the Sad and the Drugly:* With the voice of Anne Hathaway. **7.30** *Father Knows Worst:* Homer tries to copy a fire-eating street performer. **8.00** *Do Pizza Bots Dream of Electric Guitars?:* Homer tries to reunite a band. **8.30** *Manger Things:* One of Ned's secrets is revealed.
9.00 **FILM A Quiet Place** Horror starring Emily Blunt and John Krasinski, who also directed. (2018, 15, 90min) ★★★★
10.50 **Married at First Sight UK: Reunion Special** Fan favourites from the class of 2023 and 2024 reunite.
12.20 AM **Gogglebox**
1.25 **First Dates**
2.30 **Open House: The Great Sex Experiment**
3.25 **Naked Attraction**
4.20 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.00 **Border Security USA**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Paramedics Australia**
12.00 NOON **The Real A&E**
1.00 PM **Air Ambulance ER** A 11-year-old boy is knocked down by a car, resulting in a serious head injury.
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Law & Order: Special Victims Unit** *Intersection:* 13/22. An accident leads detectives on a search for an ambulance driver. (S24)

10 PM
10.00 **FBI: International** *Yesterday's Miracle:* 5/22. The Fly Team search for a missing Romanian surrogate. (S2)
11.00 **The Rookie** 9/22. Bradford learns unpleasant truths. (S4)
12.00 M'T **FBI: Most Wanted** (S3)
1.00 AM **The Cleaning Lady** (S1)
2.00 **Elsbeth** 8/10. (S1)
3.00 **FBI: Most Wanted** 14/14. (S1)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Miami's South Beach.
6.50 **Winning Time: The Rise of the Lakers Dynasty** (S1)
11.00 **True Blood** Six episodes of the drama, including at: **4.20** PM 1/12. Sookie asks Eric to help investigate Bill's disappearance. (S3)
5.25 **Homicide: Life on the Street** 7/9. A Chinese political refugee is murdered. **6.25** 8/9. Bolander and Munch investigate the death of a gang member. (S1)

10.25 The Wire

7.25 **Homicide: Life on the Street** *Night of the Dead Living:* 9/9. Bayliss brings in a new suspect for the Adena Watson case. Stars Daniel Baldwin (S1) **8.25** *Bop Gun:* 1/4. A youth admits to murdering a woman during a hold-up, but Howard is convinced his confession does not hold water. **9.25** *See No Evil:* 2/4. Pembleton investigates a case involving allegations of police brutality. (S2)

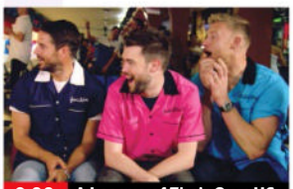
10.25 **The Wire** *Soft Eyes:* 2/13. Carcetti drops a bombshell on his rival during a televised mayoral debate. (S4)
11.30 **Succession** 5&6/10. (S2)
2.00 AM **The White Lotus** New episode 3/8. Comedy drama set in Thailand. (S3)
3.15 **The Nevers** 2/6. (S1)
4.25 **In Treatment** (S1)
5.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Magnum P.I.** (S5)
11.00 **S.W.A.T.** Five episodes of the crime drama, including at: **3.00** PM 12/13. Eco-terrorists abduct the son of an energy company executive. (S7)
4.00 **Grimm** 7/22. Nick and Hank investigate a murder, which leads them to a fugitive on the run with his daughter. **5.00** 8/22. A high-school student is killed by a monster. **6.00** 9/22. A mysterious ghostly figure is linked to cases of missing children. (S2)


9.00 A League of Their Own US...

7.00 **Grimm** *The Hour of Death:* 10/22. Nick discovers a fellow Grimm is murdering monsters that have harmed humans. (S2)

8.00 **Freddie Fries Again** 6/6. Andrew Flintoff and Rob Penn spend a morning with two leading mystics on the Hill of Tara.

9.00 **A League of Their Own US Road Trip** 1/4. Jamie Redknapp, Jack Whitehall and Andrew Flintoff travel across America.

10.00 **Poker Face** *The Night Shift:* 2/10. Wounded and on the run, Charlie is forced to make a pitstop in desolate New Mexico. (S1)
11.15 **The Force: Manchester** Officers respond to a series of alcohol-related incidents. **12.15** AM A force-wide search is launched when a man is assaulted by two attackers.
1.15 **Brassic** 2/6. Vinnie strikes a deal with McCann. (S2)
2.15 **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.15 **Secret Crush** Double bill.
11.15 **Deal or No Deal**
1.20 PM **Celebrity Wheel of Fortune** With Michelle Visage, Tom Allen and Eddie Kadi.
2.25 **Celebrity Catchphrase**
3.30 **Britain's Got Talent**
4.45 **FILM Jumanji** Fantasy adventure starring Robin Williams Bonnie Hunt, Kirsten Dunst and Bradley Pierce. (1995, PG, 104min) ★★★★

6.55 Wonder Woman 1984

6.55 **FILM Wonder Woman 1984** Action adventure sequel starring Gal Gadot and Pedro Pascal. Diana Prince must contend with Maxwell Lord, whose desire for extreme wealth sends the world down a path of destruction. (2020, 12, 151min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

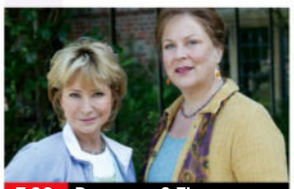
10.00 **Olivia Attwood: Getting Filthy Rich** New edition 5/6. Olivia finds out how much top earners on the OnlyFans platform make.
11.00 **Family Guy** 8/18. (S5)
11.30 **American Dad!** 7&1/19. (S2)
12.25 AM **The Emily Atack Show**
1.15 **The Stand Up Sketch Show**
1.40 **Deep Fake Neighbour Wars**
2.10 **Olivia Attwood: Getting Filthy Rich** The world of stripping.
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Never the Twain**
6.35 **Inspector Morse** Double bill.
11.00 **Midsomer Murders**
12.55 PM **Doc Martin** 1&2/7. (S3)
2.55 **Lewis** *And the Moonbeams Kiss the Sea:* The detectives investigate the death of a maintenance engineer.
4.55 **Agatha Christie's Poirot** *Problem at Sea:* A woman is murdered on a cruise ship.
6.00 **Rosemary & Thyme** *The Invisible Worm:* A school harbours ancient secrets. Guest stars Anthony Andrews.


7.00 Rosemary & Thyme

7.00 **Rosemary & Thyme** *The Gongoozlers:* The duo are hired to work on a garden makeover TV show, but Rosemary has an accident.

8.00 **Doc Martin** *City Slickers:* 3/7. The neighbours from hell move in next door to Louisa, and a car vandal strikes the village.

9.00 **Doc Martin** *The Admirer:* 4/7. Louisa faces off with love rival Carrie, and romance is in the air for Aunt Joan. (S3)

10.00 **Vera** *Changing Tides:* The detective investigates a suspicious fire that rips through a holiday park on the coast.
11.55 **Unforgotten** 1/6. Suspected human remains are uncovered on Whitney Marsh. **12.50** AM 2/6. The Bishop Street team investigate Gerry Cooper's record. (S6)
1.45 **Never the Twain**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Action from Hibernian v Hearts and Aberdeen v Dundee United.
8.15 **Icons of Football** Profile of John Robertson.
8.45 **Rewind 1990s** Events and news from 1999.
9.00 **Paramedics on Scene** An Oban woman suffers a severe allergic reaction.
10.00 **Still Game** 3/6. Jack and Victor take up walking football. (S8)
10.30 **The Entertainment Mix** Culture and arts news with Michelle McManus.
11.00 **The Sunday Show** The main issues from the world of politics.
11.30 PM **to 12.00** M'T **Growing Up Scottish** Comedians recall experiences of the great outdoors and first loves.

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S4)
10.00 **Hung** 2-6/10. (S3)
12.40 PM **Bored to Death**
3.10 **Curb Your Enthusiasm**
6.30 **The Office (US)** 16/24. Nellie pits Packer against Dwight for the vice-president job. **7.00** 17/24. Andy suffers an embarrassing injury. **7.30** 18/24. Andy learns that Erin will not be returning to Scranton. **8.00** 19/24. Andy heads south to Florida. **8.30** 20/24. Erin and Andy role-play his break-up from Jessica. (S8)
9.00 **Saturday Night Live** New edition Sketch show.
10.30 **Sex and the City** 15/18. Samantha helps to plan a bat mitzvah. **11.10** 16/18. Carrie holds a seminar. (S3)
11.50 **Saturday Night Live**
1.20 AM **Divorce** (S1)
2.45 **Flight of the Conchords**
4.15 **to 5.00** AM **The Comeback**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Tales of the Unexpected**
8.30 **Alfred Hitchcock Hour**
10.30 **Artist of the Year: Masterclass**
1.00 PM **Landscape Artist of the Year** From Bristol.
2.00 **Classic Movies**
3.00 **FILM I'm All Right, Jack** Comedy. (1959, b/w, U, 105min) ★★★
5.00 **Johnny Cash: A Night to Remember Live 1973**
5.55 **Dolly Parton: Song by Song**
6.20 **Matthew Bourne's Edward Scissorhands**
8.00 **FILM Revenge of the Pink Panther** Crime caper with Peter Sellers. (1978, PG, 98min) ★★★
9.55 **The Lot of Fun: Where the Movies Learned to Laugh** Documentary.
10.55 **Nick Cave: This Much I Know to Be True**
1.05 AM **27: Gone Too Soon**
2.35 **United Kingdom of Pop**
3.45 **Berlin Live: Pixies**
5.05 **to 6.00** AM **Discovering**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Bondi Rescue**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Cops**
6.00 **Road Wars**
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** Jamie Reynolds, who murdered Georgia Williams in 2013. **10.00** Murderous friends Sarah Williams and Katrina Walsh.
11.00 **Snapped**
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Backyard Builds** New edition A fun kid zone in a backyard.
8.10 **The Real Housewives of Jersey** Reality series.
9.15 **Fletchers' Family Farm**
10.20 **Scott's Vacation House Rules** Double bill.
12.15 PM **The Real Housewives of Atlanta**
5.00 **The Only Way Is Essex**
6.00 **Celebrity Dinner Date**
7.05 **FILM Bride Wars** Romantic comedy with Kate Hudson and Anne Hathaway. (2009, 12, 85min) ★★★
9.00 **The Only Way Is Essex** New edition Emotions run high when Jodie and Diags discuss their split.
10.05 **Botched** A countdown of the top 12 most obsessed patients.
10.55 **Vanderpump Rules**
1.00 **to 1.30** AM **Backyard Builds**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **6.00** *A Murderous Muse:* A music teacher is found murdered. **7.00** *Wheel of Death:* Cabot Cove is plagued by burglary and murder. **8.00** *A Nest of Vipers:* An animal rights activist is killed by a snake.
9.00 **The Gourmet Detective: A Healthy Place to Die** Crime comedy sequel starring Dylan Neal and Brooke Burns.
10.50 **The Novel Murders: Garage Sale Mystery VI** Crime drama starring Lori Loughlin.
12.45 AM **The Avengers** (S5)
3.00 **Randall and Hopkirk (Deceased)** 23/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Football League Legends**
6.10 **Motorsport Mundial**
6.40 **Auto Mundial**
7.10 **ITV Football Classics**
8.10 **World Superbike Highlights**
9.10 **English Football League Highlights** Recent action.
10.40 **The Big Match Revisited**
11.35 **The Motorbike Show**
12.35 PM **Snooker v Darts**
12.45 LIVE **Darts: UK Open** The quarter-finals on day three.
5.00 **Junk and Disorderly**
6.00 **Made in Britain**

11.35 The Motorbike Show

7.00 LIVE **Darts: UK Open** Jacqui Oatley and Ned Boulting present coverage of the concluding session on day three from Butlin's Minehead, featuring the semi-finals and final. With analysis from Chris Mason, Alan Warriner-Little and Mark Webster, and commentary by Stuart Pyke and John Rawling.

11.00 FILM **Monty Python's The Meaning of Life** Comedy sketches with John Cleese. (1983, 15, 103min) ★★★
12.55 AM **Minder**
2.00 **Auto Mundial**
2.25 **Motorsport Mundial**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine**
4.00 PM **Stargate SG-1** 9/20. The team stumble upon a Goa'uld-human hybrid and take it to Earth, where experiments reveal it was created from Anubis's DNA. **5.00** 10/20. Part one of two. An SGC officer unwittingly spreads a virus on Earth. **6.00** 11/20. Part two of two. Carter and Orlin search for a vaccine for the plague. (S9)

9.00 Dracula: Prince of Darkness

7.00 **Stargate SG-1** *Collateral Damage:* 12/20. Colonel Mitchell finds himself accused of murder.

8.00 **Stargate SG-1** *Ripple Effect:* 13/20. The merging of alternative realities causes confusion at Stargate Command. (S9)

9.00 FILM **Dracula: Prince of Darkness** Vintage Hammer horror chiller starring Christopher Lee and Barbara Shelley. Four English travellers stumble upon the castle of the legendary Count Dracula. (1965, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Grimm** 14/22. Three Wesen break the laws of their race by revealing their supernatural nature while committing a series of bank robberies. **12.00** M'T 15/22. Nick and Hank encounter a Wesen that feeds on human misery. (S2)
1.00 AM **Grimm** 16-18/22. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu investigate the drowning of a former beauty queen. **5.00** 4/10. An American PI is arrested for murder. (S4)
6.00 **Death in Paradise** 3/9. A lottery winner is found dead at her villa. Guest stars Kelvin Fletcher, Jason Manford and Faye McKeever. (S10)

7.00 Hudson & Rex

7.00 **Hudson & Rex** *The Good Shepherd:* 5/20. Rex is accused of attacking a decorated former police officer.

8.00 **Hudson & Rex** *Den of Snakes:* 6/20. The co-owner of a board game company dies from a snake bite. (S5)

9.00 **Death in Paradise** *Chain Reaction:* 4/9. Neville attempts to solve the death of a nurse from his hospital bed. (S10)

10.00 **Father Brown** *The Laws of Motion:* A day out at a local hill climb track ends in tragedy when one of the drivers is killed.

11.00 **Annika** 6/6. A brutal murder hits close to home when the victim is identified as a former police officer. (S2)
12.00 M'T **My Life Is Murder** (S1)
1.00 AM **Miss Scarlet** 6/6. (S4)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Only Fools and Horses**
1.40 PM **Only Fools and Horses** Feature-length episode. The Trotters dabble in the diamond import business. **3.40** Rodney starts going out with a police officer. **4.20** Del gets the chance to sell a couple of antique urns. **5.00** Del takes up cards in his latest bid to make a fortune. **5.40** Rodney finds a girlfriend, but unfortunately she is old enough to be his mother. **6.20** Del decorates the local Chinese restaurant.

8.20 Dad's Army

7.00 **Only Fools and Horses** Del and Rodney agree to let Grandad join them on their holiday abroad. **7.40** Del Boy launches his own chandelier-cleaning business.
8.20 **Dad's Army** First-ever episode of the comedy starring Clive Dunn.

9.00 **The Fast Show** Featuring words of wisdom from pundit Ron Manager. **9.40** The Alcoholic Family have breakfast, and Bob Fleming goes badger watching.
10.20 **Paul Whitehouse's Sketch Show Years** Paul recalls the 1990s.

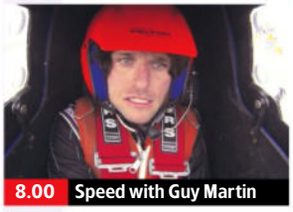
11.00 **The Young Ones** Drastic measures are called for when the students are broke and Vyvyan claims to be pregnant.
11.50 **Only Fools and Horses** As shown at 1.40pm.
1.50 AM **Billy Connolly Does...**
2.50 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.25 AM **Anthony Bourdain: Parts Unknown** Mexico City.
8.10 **Storage Hunters UK**
8.40 **Guy Martin's D-Day Landing**
10.40 **Top Gear** Double bill.
12.40 PM **American Pickers: Best Of**
2.40 **Rick Stein's Cornwall**
4.40 **Motorhoming with Merton & Webster** Paul and Suki explore the New Forest.
5.40 **The Americas with Simon Reeve** The explorer travels to southern Mexico, meeting a woman who risks her life to take supplies to migrants.


8.00 Speed with Guy Martin

6.40 **Highland Cops** A campervan driver reports a windscreen has been shattered by what he believes to be a bullet.

8.00 **Speed with Guy Martin** Guy attempts to set the world record for riding a motorcycle on water.

9.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with guests Sophy Ridge and Chris McCausland.

10.00 **QI** With guest panellists Victoria Coren Mitchell, Bill Bailey and Jimmy Carr.
10.40 **Mock the Week** With Maisie Adam, Angela Barnes and Rhys James.

11.20 **Mock the Week**
12.00 M'T **Red Dwarf** Triple bill.
1.45 AM **David Mitchell's Outsiders**
3.35 **to 4.00** AM **8 Out of 10 Cats: Jimmy, Sean and Jon's Best Bits**

+1 hour 211/212 327 74

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** From Cheshire.
3.00 FILM **Stardust** Fantasy comedy adventure with Claire Danes. (2007, PG, 127min) ★★★★
5.35 **A Place in the Sun** Triple bill, including at: **7.00** Jasmine Harman help a couple find their first property on the Orihuela Costa, Spain.
8.00 **The Dog House** A young farmer seeks a tractor cab companion.
9.00 **Gogglebox**
10.00 FILM **The Great Wall** Adventure with Matt Damon and Jing Tian. (2016, 12, 103min) ★★★
12.00 M'T FILM **Miss Peregrine's Home for Peculiar Children** Fantasy adventure starring Eva Green. (2016, 12, 127min) ★★★
2.25 AM **Gogglebox**
3.25 **to 4.35** AM **The Great Pottery Throw Down**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.05 PM **NCIS** Nine episodes of the series, including at: **6.00** *Silent Night:* 11/25. A robbery is committed by a man believed dead. **7.00** *Caged:* 12/25. McGee tries to quell a crisis in a women's prison. **8.00** *Broken Bird:* 13/25. Ducky is attacked by a knife-wielding woman. **9.00** *Strange Invaders:* 6/10. A US Navy pilot's body is discovered with unusual wounds. (S21)
10.00 **Law & Order: Special Victims Unit** *Beast's Obsession:* 20/24. Benson is assigned her own security when a killer escapes. (S15)
11.00 **Law & Order: Special Victims Unit** (S15)
1.55 AM **Criminal Minds** (S1)
2.50 **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rogue Claimers**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions of the series.
9.00 **999: Critical Condition** Trauma team leader Julie Norton juggles two life-threatening cases.
10.00 **Prodigal Son** *Pilot:* 1/20. Crime drama starring Tom Payne and Michael Sheen. A criminal psychologist hired by the NYPD has to consult with his serial killer father on a case. **11.00** *Annihilator:* 2/20. Malcolm jumps at the chance to help Arroyo solve a quadruple homicide. (S1)
12.00 M'T **Dexter** (S3)
2.10 AM **GPs: Behind Closed Doors** Medical series.
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.35 **Trucking Hell**
2.35 PM FILM **The Spoilers** Western starring Marlene Dietrich. (1942, b/w, PG, 87min) ★★
4.25 FILM **Rough Night in Jericho** Western starring Dean Martin and George Peppard. (1967, PG, 97min) ★★
6.35 FILM **Every Which Way But Loose** Comedy starring Clint Eastwood and Sondra Locke. (1978, 12, 114min) ★★★
9.00 FILM **Cliffhanger** Action adventure starring Sylvester Stallone and John Lithgow. (1993, 15, 112min) ★★★★
11.10 FILM **Hurricane** Drama starring Iwan Rheon. (2018, 15, 107min) ★★★
1.20 AM **Police Interceptors**
2.20 **Trucking Hell**
3.20 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
11.00 **My Family** Six episodes.
3.05 PM **Outnumbered**
7.00 **Inside the Ambulance** An elderly patient is taken to the hospice via the seaside. **8.00** Paramedics attend a man with a possible ruptured appendix.
9.00 **Nurses on the Ward** Amy deals with a serious emergency during a birth. **10.00** Three young newly-qualified nurses deal with the pressures of working for the NHS.
11.00 **Inside the Ambulance: Wonder Women** One-off focusing on the women who have featured in the series.
12.30 AM **Inside the Ambulance**
1.00 **Emma Willis: Delivering Babies**
2.00 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **The Bill**
12.00 NOON **Lark Rise to Candleford** Double bill.
2.40 PM **Catherine Cookson's The Cinder Path** Drama starring Catherine Zeta-Jones.
6.00 **Agatha and the Curse of Ishtar** Period drama set in 1928, starring Lyndsey Marshal. Young writer Agatha Christie travels to Baghdad, only to be caught in a web of murder and intrigue.
8.00 **Sister Boniface Mysteries** *The It Girl:* 3/12. Sister Boniface investigates a locked room mystery. (S2)
9.00 **Silent Witness** *Deadhead:* Nikki investigates whether a plane crash was deliberate sabotage.
11.15 **Whitstable Pearl** (S1)
1.20 AM **Hope Street**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Puglia.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Yorkshire Air 999**
8.00 **Helicopter ER** The Yorkshire Air Ambulance crew race to the scene of a head-on car crash.
9.00 **Dr Pimple Popper** Kenny's condition causes hundreds of lumps to grow all over his body. **10.00** Paula has oozing and odoriferous legs. **11.00** Alyse suffers from a burning rash.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** From Kendal.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped**
5.00 **The Celebrity Chase** Claire Richards, Rowland Rivron, James Haskell and Antony Costa compete for charity. **6.00** With Rosie Marcel, Jon Snow, Adrian Chiles and Gemma Merna.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Fullers from Maidstone, Kent, take part in the quiz show.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.10 AM **The Blitz on Cologne**
9.30 **War Machines**
10.30 **FILM Halls of Montezuma** World War Two drama. (1950, U, 109min) ★★★
1.00 PM **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
2.50 **FILM Return of the Seven** Western sequel. (1966, PG, 95min) ★★
5.00 **FILM Vera Cruz** Western adventure. (1954, PG, 94min) ★★★
7.05 **FILM High Noon** Classic Western. (1952, b/w, U, 85min) ★★★★★
9.00 **FILM Will Penny** Elegiac Western. (1967, PG, 109min) ★★★
11.25 **FILM Trigger Point** Thriller. (2021, 12) ★★
1.15 AM **FILM Asteroid: Final Impact** Thriller. (2015, PG, 86min) ★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **Air Rescue**
9.30 **FILM Girlfriend Killer** Thriller. (2017, 12) ★★
11.25 **FILM My Stepfather's Secret** Suspense thriller. (2019, 12, 84min) ★★
1.20 PM **FILM Dead Poets Society** Drama. (1989, PG, 126min) ★★★★
4.00 **FILM Big** Age-reversal comedy. (1988, PG, 102min) ★★★★★
6.15 **FILM Forrest Gump** Multi-Oscar-winning whimsical fable. (1994, 12, 136min) ★★★★
9.00 **FILM The Da Vinci Code** Conspiracy thriller. (2006, 12, 149min) ★★★
12.05 AM **FILM 6 Below: Miracle on the Mountain** Adventure. (2016, 12, 98min) ★★★
2.10 **FILM Twisted Sisters** Thriller. (2016, PG) ★★
4.00 **to 6.00** AM **FILM Another Man's Wife** Thriller. (2011, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM Sealed with a Kiss** Drama. (2015) ★★
10.05 **FILM Taking the Reins** Comedy. (2021, PG) ★★
12.00 NOON **FILM Stop the Wedding** Drama. (2016, U, 105min) ★★
2.00 PM **FILM Wedding of Dreams** Romance. (2018, PG, 85min) ★★
4.05 **FILM A Romance Wedding** Comedy. (2020, PG, 85min) ★★
6.00 **FILM A Very Country Wedding** Romance. (2019, PG, 90min) ★★
8.00 **FILM Wedding Wonderland** Drama. (2017, PG, 92min) ★★
9.55 **FILM Designed with Love** Romantic drama. (2020, PG, 85min) ★★
11.50 **FILM A Feeling of Home** Drama. (2019, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Convenient Groom** Drama. (2016, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon's Trip to Mars**
7.40 **Roobarb** 5/30. (S1)
7.45 **Auto Rewind**
8.00 **Bewitched** 2-4/36. (S1)
9.30 **Watching** (S7&1)
12.00 NOON **Jason King** (S1)
3.00 PM **Hancock** 4/13. (S1)
3.30 **Tracing the Rails**
4.00 **Walking Westward**
4.30 **Bust** 2/6. (S2)
5.30 **Bewitched** 2-4/36. (S1)
7.00 **FILM The Lady Vanishes** Remake of Hitchcock's classic comedy thriller, starring Elliott Gould and Cybill Shepherd. (1979, PG, 99min) ★★★
9.00 **Police Woman** (S1)
10.00 **Jason King** 7-9/26. (S1)
1.00 AM **Stereo Underground** (S1)
2.00 **Bubblegum & Cheese**
3.00 **Police Woman** (S1)
4.00 **Monkey** 14/26. (S1)
5.00 **Tracing the Rails**
5.30 **to 6.00** AM **Walking Westward**

DMAX

159 169 39 147

6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team return to the Olympic Peninsula with a plan to lure out Bigfoot. **8.00** Russell tracks a massive creature to a box river canyon.
9.00 **Alien Invasion: Hudson Valley** An alleged recent spike in extra-terrestrial activity in New York.
11.00 **Expedition X** Alleged paranormal activity at Lake Superior. **12.00** M'T Jess and Phil investigate a predatory beast in the Ozarks. **1.00** AM Jess and Phil search whitewater rapids and a frigid Alaskan lake for a legendary beast.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food**
8.00 **Man v Food with Casey Webb** In North Carolina.
8.30 **Man v Food**
10.30 **Man v Food with Casey Webb** From Charlotte.
11.00 **James Martin: Delicious**
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Great British Bake Off** Five editions.
9.00 **Gok Wan's Easy Asian** Gok serves three dishes perfect for summer. **9.30** Recipes for four comforting dishes. **10.00** Three Asian recipes for dinner parties. **10.30** Gok shares his menu for a night in. **11.00** Gok cooks his ultimate celebration feast. **11.30** Three retro dishes get an Asian makeover.
12.00 M'T **Gok Wan's Easy Asian** Double bill.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM Avalon: Beyond the Abyss** Adventure. (1999, PG, 86min) ★★
10.00 **The Six Million Dollar Man** Five episodes.
3.00 PM **King Solomon's Mines** 1&2/2. Adventure starring Patrick Swayze.
6.50 **FILM Treasure Guards** Action adventure starring Anna Friel. (2011, PG, 90min) ★★
9.00 **FILM Heat** Michael Mann's crime thriller starring Al Pacino and Robert De Niro. (1995, 15, 171min) ★★★★★
12.15 AM **FILM Every Last One of Them** Thriller with Richard Dreyfuss. (2021, 18, 82min) ★★
1.50 **FILM Red** Thriller starring Brian Cox. (2008, 15, 93min) ★★
3.40 **to 5.20** AM **FILM Hannie Caulder** Western starring Raquel Welch. (1971, 15, 85min) ★

Legend Xtra

317 171 69 138

6.00 AM **FILM Mega Shark vs Kolossus** Thriller. (2015, 12, 90min) ★
8.00 **FILM George and the Dragon** Adventure. (2004, PG, 93min) ★★★
10.00 **FILM Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
12.00 NOON **FILM Wyvern** Monster movie. (2009, 15, 84min) ★★
2.00 PM **FILM Dr Terror's House of Horrors** Horror compendium. (1964, PG, 98min) ★★★
4.00 **Star Trek** 8-12/26. (S2)
9.00 **FILM The Ghoul** Horror with Boris Karloff. (1933, b/w, PG, 79min) ★★
10.35 **FILM Son of Frankenstein** Chiller with Boris Karloff. (1939, b/w, PG, 95min) ★★
12.45 **to 3.00** AM **FILM Commandos** World War Two adventure. (1968, 18, 112min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Hardcore Pawn**
8.00 **Auction Hunters**
9.30 **Container Wars**
10.00 **Alien Files: Unsealed**
11.00 **In Search of Aliens**
12.00 NOON **Close Encounters**
1.00 PM **Conspiracy Files: Unsealed** Six editions.
4.00 **Top 10 Conspiracies of All Time** Area 51.
4.30 **Conspiracy Files: Unsealed** Five editions.
7.00 **Digging for Britain**
8.00 **The Curse of Oak Island**
9.00 **U-Boat Wargamers** How the Wrens started devising wargaming tactics to combat U-boat formations.
10.05 **Viking Dead**
11.05 **Lost Relic Hunters**
12.05 AM **History's Greatest Mysteries** Focusing on the Voynich manuscript.
1.00 **Conspiracy Files: Unsealed** Double bill.
2.00 **National Park Mysteries**
3.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **The Wonderful World of Chocolate**
9.25 **Shop Smart, Save Money** Kitchen towels.
10.25 **Air Fryers: Sunday Lunch Made Easy**
11.25 **Columbo** Five episodes of the drama, including at: **5.30** PM *Playback:* An inventor manipulates security-camera footage to provide himself with an alibi for murdering his mother-in-law.
7.00 **Tomb Hunters** Secrets hidden since the Age of the Pyramids. **8.00** A burial shaft filled with gilded coffins.
9.00 **The Nile with Bettany Hughes** A visit to the Valley of the Kings.
11.00 **The Murdered Pharaoh: Ancient Mysteries**
12.00 M'T **World War II in Colour** Double bill.
2.05 AM **Nazi Megastructures**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **A Place in the Sun**
12.00 NOON **My Dream Derelict Home**
3.00 PM **Derelict Rescue** Isadora and Ben tackle a 500-year-old farmhouse in Devon. **4.00** Ben renovates a dilapidated 180-year-old barn in south Wales. **5.00** Factory worker Rob takes on a huge one-man mission. **6.00** Chris and his father take on a chapel in Yorkshire. **7.00** A barn catches the eye of retired couple Helen and Richard.
8.00 **A Place in the Sun** Five editions featuring advice on buying a second home abroad.
12.00 M'T **A Place in the Sun**
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **Too Large**
6.00 **Sister Wives**
7.00 **Good Bones**
8.00 **I Am Shauna Rae**
9.00 **Baylen Out Loud** Baylen tries Botox.
10.00 **Love Off the Grid** A midnight visit from a mountain predator forces Jen to learn to defend herself.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Strange Love**
2.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Whose Line Is It Anyway? USA**
10.00 **Friends** (S7&8)
1.00 PM **Friends** (S8)
9.00 **Lee Evans: Monsters** The comedian's 2014 performance at the National Indoor Arena in Birmingham.
10.00 **FILM About Last Night** Romantic comedy remake starring Michael Ealy and Joy Bryant. Two people decide to pursue a relationship after a one-night stand, despite the warnings of their cynical friends. With Regina Hall. (2014, 15, 98min) ★★
12.00 M'T **Utopia** 3&4/8. (S1)
1.10 AM **Al Murray: And a Glass of White Wine for the Lady** Stand-up.
2.10 **Beavis and Butt-Head**
2.40 **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Home Improvement**
11.00 **Criminally Funny**
7.00 PM **Whose Line Is It Anyway? USA**
9.00 **Friends** 6/24. Emily asks Ross to move away. **9.30** 7/24. Ross moves in with Chandler and Joey, but the transition is not a smooth one. **10.00** 9/24. Ross falls out with his co-workers over his prized sandwich. **10.30** 10/24. Ross turns to Joey for advice on being unemployed. **11.00** 12/24. Monica is annoyed by the laugh Chandler uses at work. **11.30** 13/24. Phoebe finally meets her biological father. (S5)
12.00 M'T **Friends** (S6)
2.00 AM **Last Man Standing**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Digman!**

Sky Replay

152 156

7.00 AM **Highway Cops**
10.00 **Four Weddings**
11.00 **Celebrity Four Weddings** Reality series.
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **MacGyver** (S4&5)
7.00 **Air Ambulance ER** Medics fight to save a man's life following an accidental overdose.
8.00 **Sun, Sea and A&E** Four editions of the series, including at: **10.00** A Bradford man is admitted to A&E with a fat lip sustained in a game of water polo. **11.00** Seasonal worker Richard is involved in a hit-and-run incident.
12.00 M'T **A League of Their Own US Road Trip**
2.00 AM **A League of Their Own: European Road Trip** Jamie Redknapp and Andrew Flintoff visit Paris.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 6/13. (S2)
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions.
9.00 **Teen Mom: The Next Chapter** Mackenzie gets upset after reading Gannon's text messages.
10.00 **Help! I'm in a Secret Relationship!** Lee wants to know why her dream girl Princess is hiding her.
11.00 **Geordie Shore** Ricci tells Abbie what he really thinks about Leah, while Jordan and Casey come face to face for the first time in months.
12.00 M'T **The Challenge: All Stars** The pairs without a star work to try and get one for themselves.
1.00 AM **True Life Crime UK**
2.00 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Wheeler Dealers: Dream Car**
8.00 **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys build the first-ever 'homestead fortress'. **2.00** PM A Hawaiian family struggle to survive between two active volcanoes. **4.00** The Raneys convert an old barn into a fishing kitchen.
6.00 **Border Control: Europe** Narcotics smugglers run away and dump their cargo. **6.30** Officers in Rome are told of suspected drug dealers.

7.00 Alaska: Homestead Rescue

7.00 **Alaska: Homestead Rescue** New edition Marty Raney returns to the island of Kauai to find the Nash's homestead again in peril. A surprise guest helps them revive their overgrown garden.

9.00 **Marooned with Ed Stafford** The survivalist falls seriously ill while testing his skills on Coron Island in the Philippines.

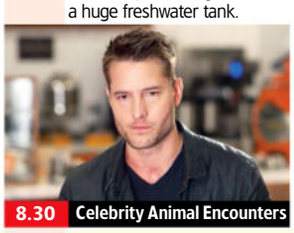
10.00 **Mega Shippers** A heavy lift vessel takes onboard a 23,000-tonne oil rig, and a team race to unload a shipment of timber.
11.00 **Texas Metal** Bill revamps a smashed 2022 Jeep Gladiator.
12.00 M'T **Naked and Afraid: Last One Standing** A cold-blooded move creates conflict. **2.00** AM New camp dynamics shake up the competition.
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Meet the Orangutans**
3.00 **Meet the Penguins**
4.00 **My Cat from Hell** Helping reality star Adrianne Curry.
5.00 **Animal Cops Philadelphia** A puppy that was attacked with a machete is rescued.
6.00 **Tanked** Ty Dolla $ign wants a huge freshwater tank.


8.30 Celebrity Animal Encounters

7.00 **Pit Bulls & Parolees** Tia helps a Detroit rescue facility at risk of closure, and an adopter wants a dog to heal her heart.

8.00 **Celebrity Animal Encounters** Featuring Rachael Leigh Cook. **8.30** With Justin Hartley and Aimee Teegarden.

9.00 **Tanked** Boston Red Sox star Shane Victorino asks the team to build a Hawaiian-themed tank.

10.00 **Alaska: Surviving the Last Frontier** Following four groups of ordinary people as they travel into the wilderness of Alaska.
11.00 **Guardians of Rescue** Marceline and Elle investigate a claim about starving horses.
12.00 M'T **Animal Cops Houston**
1.00 AM **Alaska: Surviving the Last Frontier** Documentary.
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
11.00 **Air Crash Investigation**
2.00 PM **Nazi Megastructures** A look at Hitler's fortified alpine retreat in the Alps. **3.00** Heinrich Himmler's role in establishing the SS.
4.00 **Nazi Child Soldiers** Exploring the history of the Hitler Youth.
5.00 **Nazi Sunken Sub** The unexplained disappearance of a Nazi submarine in 1945.
6.00 **Seconds from Disaster** The Swissair Flight 111 catastrophe.

8.00 Mysterious Islands

7.00 **Mutant Weather** The various alarming ways in which weather is mutating, beginning with catastrophic wildfires.

8.00 **Mysterious Islands** New edition The discovery of ancient shipwrecks found sunken off the coast of America's Goat Island.

9.00 **Elizabeth I: The Secret Life** A look at the monarch's life, examining rumours of illegitimacy and adultery.

10.00 **Witches: Truth Behind the Trials** The lives of two witch-hunters. **11.00** A tale of demonic possession in Ireland.
12.00 M'T **UFOs: Investigating the Unknown** Documentary.
1.00 AM **Air Crash Investigation**
2.00 **Money Meltdown**
2.30 **Made in a Day**
2.55 **Food Factory USA**
3.45 **Lords of War**
4.35 **to 5.00** AM **Prairie Dog Dynasty**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Evidence of the Unexplained** Sightings of 'aerial phenomena'.
7.00 **Pawn Stars**
8.00 **Pawn Stars: A Very Vegas Christmas** The guys hold a Christmas barbecue.
9.00 **Pawn Stars**
10.00 **Storage Wars**
2.00 PM **Digging Up Britain's Past**
4.00 **Guns That Changed the Game** Triple bill, including at: **6.00** A look at how the Industrial Revolution evolved the use of cannons.

9.00 The Tattooist's Son

7.00 **Ultimate Mysteries** Experts investigate a close encounter in Texas and a mysterious crash at Shag Harbour.

8.00 **Ultimate Mysteries** Experts investigate whether Betty and Barney Hill really were abducted by aliens.

9.00 **The Tattooist's Son: Journey to Auschwitz** Gary Sokolov visits the wartime camp through the infamous Arbeit Macht Frei gatehouse, from where he begins to explore the horrors confronted by his parents
10.35 **Revolutions That Changed History** The complex truth behind ancient revolutions and revolts, starting with the Peasants' Revolt of 1381.
11.50 **Container Wars**
12.55 AM **Storage Wars**
5.00 **to 6.00** AM **Ultimate Mysteries**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Great Canal Journeys**
8.00 **Canal Boat Diaries**
11.00 **Antiques Roadshow**
1.00 PM **Cop Car Workshop**
3.00 **Extreme Fishing with Robson Green** Hunting for blue marlin in the North Atlantic. **4.00** The actor goes angling in British Columbia, Canada. **5.00** Robson braves the Alaskan wilderness and learns how to fish on a frozen lake.
6.00 **Find It, Fix It, Flog It** Henry and Simon head to the Peak District to meet mechanic Ian.

8.00 Antiques Roadshow

7.00 **Find It, Fix It, Flog It** Simon and Henry head to the market town of Wantage in Oxfordshire.

8.00 **Antiques Roadshow** Fiona Bruce presents from Lytham Hall in Lancashire, where items include a work by Lowry.

9.00 **Antiques Roadshow** From Compton Verney in Warwickshire, where finds include a sketch by illustrator Quentin Blake.

10.00 **Bangers & Cash** Derek makes the short trip to a mysterious Yorkshire beauty spot to pick up a 1920s-style bus.
11.00 **Dream Car Fixers** Sheldon Nichols and Peter Harriott attempt to complete their client's Triumph collection by hunting down and restoring the last remaining model – a Triumph Dolomite Sprint.
12.00 M'T **to 3.00** AM **Extreme Fishing with Robson Green**

+1hour 255 329

Sunday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Salvage Hunters: The Restorers**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House**
8.00 **The Repair Shop** Items include a Royal Doulton plaque that has been in pieces for 57 years. **9.00** The team work on a mantle clock and an SAS soldier bookend. **10.00** Items include a damaged suspended chair from the 1960s. **11.00** A rare ceramic soldier and a dilapidated clock are restored.
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes to the Dress: Big Bliss** Double bill.
9.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **The Perfect Murder** Six editions of the series, including at: **8.00** The fatal shooting of 27-year-old Jarrod Davidson in 2004.
9.00 **Little Boy Lost: An ID Mystery** The 2010 disappearance of seven-year-old Kyron Horman.
10.00 **A Killer's Mistake**
11.00 **Faking It: Tears of a Crime** John Canaan.
12.00 M'T **The Murder of Gabby Petito: A Faking It Special**
1.00 AM **Chris Watts: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Facing Evil**
7.00 **Bloodline Detectives** Investigating the 1988 murder of a mother who was killed in front of her toddler.
8.00 **Murder She Solved** A criminal profiler helps police find the killer of a murdered couple.
9.00 **Murder UK** Years after David Clarke's death, a confession tape reveals a betrayal between feuding neighbours in the UK. **10.00** The case of pharmacist Mitesh Patel, who murdered his wife Jessica after she uncovered his plan to flee with his male lover.
11.00 **Real Detective**
1.00 AM **Murder UK**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
2.00 PM **Medical Detectives** The disappearance of a 23-year-old woman. **2.30** A man goes to great lengths to prove his mother's innocence. **3.00** A killer betrayed by a speck of paint. **3.30** A grandmother is found murdered in her hotel room. **4.00** The mysterious death of a baby. **4.30** Two brothers whose rocky relationship ended in disaster.
5.00 **To Catch a Killer** Multiple suspects are found in the murder of Donna Jean Awcock.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Teens Who Kill**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Valerie Graves.
1.00 PM **Killer Siblings**
2.00 **Love You to Death**
3.00 **Forensics: Catching the Killer** Documentary.
4.00 **The Killer Within**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** Documentary.
9.00 **There's Something Wrong with Aunt Diane**
10.55 **World's Most Evil Killers**
12.00 M'T **An Unexpected Killer** True crime.
1.00 AM **Killer in My Village**
3.00 **The Force: North East**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Brit Cops: Frontline Crime UK**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Ukraine 1933: Seeds of Hunger** As 8.30pm.
9.40 **A Nation Denied: Ukraine's Battle for History** Documentary.
11.50 **Her War, Her Story: World War II**
1.00 PM **Fight to the Finish**
2.35 **Ukraine 1933: Seeds of Hunger** As 8.30pm.
3.40 **A Nation Denied: Ukraine's Battle for History** Documentary.
5.45 **Her War, Her Story: World War II**
7.00 **Fight to the Finish**
8.30 **Ukraine 1933: Seeds of Hunger** The story of the Ukrainian famine between 1931 and 1933.
9.40 **Mariupol: Unlost Hope** The first month of the invasion of the city.
10.50 **Her War, Her Story: World War II**
12.00 M'T **Mariupol: Unlost...**
1.10 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Roy Scheider**
7.00 **Discovering: Daniel Day-Lewis**
8.00 **The Directors**
9.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actor.
11.00 **I Am Paul Walker**
12.50 PM **My Icon: Linford Christie**
1.00 **Villeneuve Pironi: Racing's Untold Tragedy** Documentary.
3.00 **Paul Simon: In Restless Dreams** 1&2/2. Exploring the career of the singer-songwriter.
7.10 **I Am Burt Reynolds** Family and friends pay tribute to the iconic Hollywood actor.
9.00 **David Frost Vs** New edition 2/3. The journalist's famous interviews with Muhammad Ali. *See feature, page 21.*
■ Entire series on Box Sets
10.00 **What's My Name: Muhammad Ali** 1&2/2. Documentary chronicling the life of the sporting legend.
1.20 AM **King in the Wilderness**
3.30 **Dettori** The life and career of jockey Frankie Dettori.
5.40 **to 6.00** AM **My Icon: Kate and Helen Richardson-Walsh**

Sky Nature

124/125 822 189 354 369

6.00 AM **The Wild Wild East**
9.00 **Pridelands: Wilderness Reborn**
10.00 **Alaskan Summer**
11.00 **Boss Shark**
12.00 NOON **After the Wildfires**
1.00 PM **Arctic from Above**
4.00 **Monkeys: An Amazing Animal Family** 1-3/3. The origins of each of the world's primate species.
7.00 **Planet Weird** Series finale Cameras follow a band of marauding locusts.
8.00 **David Attenborough's Global Adventure** A look at the greatest filming sequences of David Attenborough's career.
9.00 **Extreme Animals: One Wild Day** How animals adapt to the extremes of the desert. **10.00** A look at how Africa's great animals survive every day on the grassy plains.
11.00 **Planet Weird** As 7.00pm.
12.00 M'T **Pridelands: Wilderness Reborn** Documentary.
1.00 AM **Alaskan Summer**
2.00 **Boss Shark**
3.00 **After the Wildfires**
4.00 **to 6.00** AM **Over Australia**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.55 **Ancient Superstructures**
11.00 **Invasion: The Normans**
1.00 PM **What on Earth?**
3.00 **Ancient Aliens**
5.00 **Combat Ships** The silent threat of submarines.
6.00 **Combat Trains** The astonishing accounts of four railway journeys that changed history.
7.00 **Combat Machines** Focusing on espionage equipment.
8.00 **Ancient Aliens** Ancient astronaut theorists hunt for evidence linking Bigfoot to alien species from the distant past, and ask whether the giant ape-like creature could be an extraterrestrial. **9.00** **Haunted Hospitals** A Grim Reaper-like figure seen in a New York care home. **10.00** A war veteran experiences inexplicable events at his new job.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **Digging Up Britain's Past**
4.00 **to 6.00** AM **Evidence of the Unexplained**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Missing Presumed Dead**
1.00 PM **Killed Without A Trace**
5.00 **Witness to Murder: Digital Evidence**
6.00 **I Met My Murderer Online**
7.00 **Green Eyed Killers**
8.00 **Prison Brides** Lithuanian bride Gabriella returns home to her devastated family.
9.00 **Cold Case Files: Murder in the Bayou** New edition The body of 19-year-old Courtney Coco is discovered in Texas.
10.00 **Cold Case Files**
11.00 **The Killer Interview with Piers Morgan** Daniel Pelosi.
12.00 M'T **My Strange Arrest**
1.00 AM **Cold Case Files: Murder in the Bayou**
2.00 **Cops Gone Bad with Will Mellor** New edition
3.00 **Witness to Murder: Digital Evidence**
4.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **The Incredible Dr Pol**
10.00 **Wild New Zealand: Lost Paradise** The country's most unusual animals.
11.00 **Europe from Above**
1.00 PM **Africa's Deadly Kingdoms**
4.00 **Secrets of the Zoo**
6.00 **Critter Fixers: Country Vets** New edition The vets help a koi fish with skin cancer, clean up a rescued rabbit, and perform surgery on a doberman.
7.00 **Wild India** David Attenborough visits the Marusthali.
8.00 **The Hidden Kingdoms of China** The first year of a baby golden snub-nosed monkey living in the seasonal forests of Central China.
9.00 **Gorillas Close Up** Documentary on the elusive Western Lowland Gorillas.
10.00 **Africa's Hunters** Wild dog pups learn to hunt as a pack.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **The Restoration Man**
12.00 NOON **Combat Dealers: Reloaded** Triple bill.
3.00 PM **The Dino Hunters**
5.30 **Chris Barrie's Massive Engines** Exploring the history of passenger aircraft.
6.00 **Concorde: The Comeback** Efforts to get the superjet back in the air following a tragic accident in France in July 2000, and the first flight after the crash from Heathrow to New York.
7.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003. Narrated by Bill Nighy.
8.00 **Concorde: Anatomy of a Disaster** A fresh investigation into the causes of the plane crash in France in July 2000.
9.00 **Aliens in Alaska**
1.00 AM **The Strangest UFO Stories of All Time**
2.00 **to 5.00** AM **Combat Dealers: Reloaded**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill** *Exit Lines:* PC Garfield assists a lady that lives alone. **5.30** *That Old Malarkey:* PC Tony Stamp responds to a noise complaint. **6.00** *Greig Versus Taylor:* Greig interrogates a man suspected of armed robbery. **6.35** *Tottering:* Able and Melvin are having discover a stray horse and cart while on patrol.
7.05 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *To Die or Not to Die:* 2/4. During a performance of *Hamlet*, a young cast member collapses and dies. (S2)
11.00 **The Bill** Four episodes.
1.15 AM **Top of the Pops**
3.10 **The Brokenwood Mysteries**
4.40 **The Architecture the Railways Built** London's King's Cross.
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
10.00 **Love, Honor, Betray**
12.00 NOON **People Magazine Investigates** Double bill.
2.00 PM **Where Murder Lies**
4.00 **Forbidden: Dying for Love**
6.00 **Still a Mystery** When a teenage boy goes missing, people in his neighbourhood seem reluctant to help the police. **7.00** A young woman acts erratically at a restaurant and police take her into custody.
8.00 **Murder Under the Friday Night Lights** Robert Champion suddenly dies in the back of the marching band bus.
9.00 **Bride Killa** The crimes of Miranda Barbour and her husband Elytte Barbour.
10.00 **High Speed Chase** A chase ends in a $250,000 drug bust.
11.00 **Fatal Affairs** A woman takes to Tinder under a pseudonym.
12.00 M'T **Dead Silent**
2.00 AM **Caught in the Net**
4.00 **to 6.00** AM **Diabolical: Deadly Love**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Lucky!**
5.00 PM **FourWheeler**
7.00 **Wheeler Dealers: Dream Car** Mike and Elvis attempt to trade their way to a dream Audi Q7 for engineer Aaron.
8.00 **Wheeler Dealers** Mike finds the perfect starter classic, a 1989 Audi Coupe. **9.00** Mike hunts down a cheap Audi TT Quattro. **10.00** Mike finds a modern classic, a 2001 Audi S4 Avant. **11.00** 1/2. Mike and Edd take on one of their biggest challenges – renovating an Audi Quattro. **11.30** 2/2. Mike and Edd complete work on their Audi Quattro renovation project. **12.00** M'T As 8.00pm.
1.00 AM **Incredible Engineering Blunders: Fixed**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.50 AM **PREMIERE Black Dog**
9.00 **Thelma** As shown at 11.30pm.
10.45 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
12.30 PM **Fight or Flight** As 8pm.
2.15 **PREMIERE Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min)
4.15 **The Line** Drama starring Alex Wolff. (2023, 15, 100min)
6.00 **The Bikeriders** Drama with Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★

2.15 Black Dog

8.00 **Fight or Flight** Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **MaXXXine** Horror thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actress Maxine Minx is stalked by a mysterious killer. With Kevin Bacon and Elizabeth Debicki. (2024, 18, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Thelma** Comedy starring June Squibb and Fred Hechinger. (2024, 12, 98min) ★★★★
1.15 AM **A Place Called Silence** Chinese thriller starring Eric Wang and Ning Chang. Subtitled. (2024, 15, 119min)
3.30 **MaXXXine** As 9.45pm.
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.25 AM **Robin and the Hoods** Comedy. (2024, PG) ★★
8.10 **Sweethearts** (2024, 15) ★★★
10.00 **Cats & Dogs** Family comedy. (2001, PG, 87min) ★★★★
11.30 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
1.30 PM **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
3.30 **Aquaman** (2018, 12) ★★★
5.55 **Aquaman and the Lost Kingdom** Fantasy adventure. (2023, 12, 124min) ★★★

10.10 Django Unchained

8.00 **Transformers: Rise of the Beasts** Fantasy prequel starring Anthony Ramos and Dominique Fishback. Robot creatures the Maximals fight alongside the Autobots to thwart a deadly faction of the Decepticons. (2022, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Get Away** Horror comedy starring Nick Frost. (2024, 15, 100min) ★★★★
2.35 **Desperation Road** Thriller starring Garrett Hedlund. (2023, 18, 112min) ★★★★
4.35 **to 6.55** AM **The Book of Clarence** Biblical comedy. (2023, 15, 129min) ★★★

Sky Cinema Drama

310 410 510 524

6.50 AM **Phantom Thread** (2017)
9.10 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
10.45 **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★
12.40 PM **To Olivia** As 9.55pm.
2.20 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
4.10 **Defiance** World War Two drama. (2008, 15, 137min) ★★★★

6.40 **Boy Meets Boy** Romantic drama with Matthew Morrison. (2021, 15, 75min) ★★★
8.00 **Dunkirk** Christopher Nolan's drama with Kenneth Branagh, Tom Hardy, Mark Rylance and Fionn Whitehead. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
9.55 **To Olivia** Biopic starring Hugh Bonneville and Keeley Hawes. (2021, PG, 90min) ★★★★

11.40 **Phantom Thread** Drama starring Daniel Day-Lewis. (2017, 15, 130min) ★★★★★
2.05 AM **Pawn Sacrifice** Sports drama. (2014, 12, 115min) ★★★★
4.05 **Boy Meets Boy** As 6.40pm.
5.30 **to 7.10** AM **It Is in Us All** Drama. (2022, 15, 92min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.00 AM **Resident Evil: The Final Chapter** As shown at 2.25am.
9.00 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
10.40 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
12.30 PM **A Quiet Place: Day One** Horror starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
2.20 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★

4.20 **Ghost in the Shell** Adventure starring Scarlett Johansson. (2017, 12, 107min) ★★★★
6.10 **Ex Machina** Sci-fi drama starring Domhnall Gleeson, Alicia Vikander and Oscar Isaac. (2014, 15, 104min) ★★★★
8.00 **Interstellar** Sci-fi drama with Matthew McConaughey, Anne Hathaway and Michael Caine. (2014, 12, 166min) ★★★★
10.55 **Resident Evil** Sci-fi horror thriller starring Milla Jovovich. (2002, 15, 100min) ★★★

12.45 AM **Thir13en Ghosts** Horror chiller. (2001, 15, 91min) ★★★
2.25 **Resident Evil: The Final Chapter** Action horror sequel. (2016, 15, 107min) ★★★
4.20 **to 6.05** AM **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.05 AM **Pups United** Adventure. (2015, U, 89min) ★★★
7.40 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
9.25 **Addams Family Values** Black comedy. (1993, PG) ★★★★
11.05 **IF** Fantasy. (2024, U) ★★★
12.50 PM **Bean** (1997, PG) ★★★
2.25 **Johnny English** Comedy. (2002, PG, 88min) ★★★
4.00 **Scooby-Doo** (2002, PG) ★★★
5.35 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★

4.00 Scooby-Doo

7.15 **The Flintstones** Comedy starring John Goodman. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.50 **The Flintstones in Viva Rock Vegas** Comedy prequel with Mark Addy and Stephen Baldwin. Fred and Barney take their girlfriends on a romantic weekend to Rock Vegas. (2000, PG, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Batteries Not Included** Sci-fi fantasy with Hume Cronyn, Jessica Tandy and Frank McRae. (1987, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2005, U, 98min) ★★
2.00 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
3.50 **Beethoven** Family comedy. (1992, U, 87min) ★★★
5.25 **to 6.55** AM **The Little Rascals** Family comedy. (1994, U, 83min) ★★

Sky Cinema Fast

307 407 507 521

7.35 AM **Fast & Furious 7** (2015)
9.55 **Fast & Furious 8** Action thriller. (2017, 12, 136min) ★★★
12.15 PM **Fast X** Action adventure. (2023, 12, 141 min) ★★★★
2.40 **The Fast and the Furious** Action thriller with Vin Diesel. (2001, 15, 107min) ★★★
4.30 **2 Fast 2 Furious** Action thriller. (2003, 12, 108min) ★★★
6.20 **The Fast and the Furious: Tokyo Drift** Action thriller. (2006, 12, 104min) ★★

6.20 The Fast and the Furious...

8.05 **Fast & Furious** Action thriller sequel, starring Vin Diesel and Paul Walker. A wanted man reunites with an old FBI agent pal to seek revenge on a drugs baron. With Michelle Rodriguez. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Fast & Furious 5** Action thriller starring Vin Diesel, Paul Walker and Jordana Brewster. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Fast & Furious 6** Action thriller starring Vin Diesel. (2013, 12, 125min) ★★★
2.25 **Fast & Furious 7** Action thriller starring Vin Diesel. (2015, 12, 132min) ★★★★
4.45 **Fast & Furious Greatest Moments: Refuelled**
5.45 **to 6.00** AM **The Cinema List: Fast Cars**

Sky Cinema Comedy

308 408 508 522

7.15 AM **I Now Pronounce You Chuck & Larry** (2007, 12) ★
9.20 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
11.00 **Kangaroo Jack** (2003, PG) ★
12.40 PM **The Men Who Stare at Goats** (2009, 15) ★★★
2.25 **David Brent: Life on the Road** Comedy. (2016, 15) ★★
4.10 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★
6.05 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★

9.55 What Happens Later

8.00 **You, Me and Dupree** Comedy starring Owen Wilson, Kate Hudson and Matt Dillon. A couple invite their homeless friend to live with them, but he turns out to be the housemate from hell. (2006, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **What Happens Later** Romantic comedy starring Meg Ryan and David Duchovny. Two former lovers are reunited and snowed in at an airport overnight. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Brits Are Coming** Crime caper. (2018, 15, 90min) ★
1.25 AM **Everybody Wants Some!!** Comedy. (2016, 15) ★★★★
3.30 **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15) ★★★
5.05 **to 6.55** AM **The Edge of Seventeen** Comedy drama. (2016, 15, 104min) ★★★★

Sky Cinema Assassins

309 409 509 523

7.55 AM **The Locksmith** Mystery. (2022, 15, 88min) ★★★
9.30 **The Killer** As 5.30am.
11.30 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
1.50 PM **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
4.00 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
6.05 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★

8.00 Law Abiding Citizen

8.00 **Law Abiding Citizen** Thriller with Jamie Foxx and Gerard Butler. A man takes revenge against the Philadelphia justice system for letting off one of the criminals who killed his wife and daughter. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

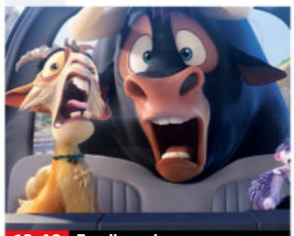
9.55 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Crank** Thriller starring Jason Statham and Amy Smart. (2006, 18, 88min) ★★★★
1.35 AM **Monkey Man** Action thriller starring Dev Patel. (2024, 18, 121 min) ★★★★
3.45 **The Best Man** Action thriller. (2023, 15, 93min) ★★
5.30 **to 7.30** AM **The Killer** Thriller. (2024, 15, 126min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Gulliver's Travels** Family comedy adventure. (2010, PG, 84min) ★★★
12.40 PM **Ferdinand** Animation. (2017, U, 102min) ★★★
2.45 **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
4.55 **Clueless** Satirical comedy. (1995, 12, 97min) ★★★★
6.50 **Suffragette** Period drama. (2015, 12, 104min) ★★★


12.40 Ferdinand

8 PM **Suffragette** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Everything Everywhere All at Once** Fantasy comedy starring Michelle Yeoh. A middle-aged Chinese immigrant is swept up into an adventure in which she alone can save existence by exploring other universes. (2022, 15, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.45** **Glory** Historical drama about America's first black regiment, raised by the Union to fight in the Civil War. Stars Matthew Broderick, Denzel Washington and Morgan Freeman. (1989, 15, 122min) ★★★★
2.10 **to 3.55** AM **The Killing of Two Lovers** Drama starring Clayne Crawford and Sepideh Moafi. (2020, 15, 85min) ★★★★★

+1 hour 314 430 47 301

Sky Cinema Ultimate Action

302 402 502 516

8.05 AM **Hounds of War** As 4.40am.
9.45 **The Italian Job** As 11.05pm.
11.30 **300** Historical adventure. (2006, 15, 116min) ★★★★
1.30 PM **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
3.40 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
5.25 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★★

7.10 **The Beekeeper** Thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
9.00 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni. (1995, 15, 118min) ★★★

11.05 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
12.50 AM **The Legend of Zorro** Swashbuckling adventure sequel. (2005, PG, 130min) ★★★
3.05 **Sisu** Thriller. (2022, 15) ★★★
4.40 **to 6.20** AM **Hounds of War** Thriller. (2024, 15, 95min) ★★★

Sky Cinema Award Winners

304 404 504 518

6.40 AM **Eternal Sunshine of the...**
8.30 **Dallas Buyers Club** As 3.20am.
10.30 **The Cinema List: Women Oscar Winners**
10.45 **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
1.10 PM **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
4.25 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★

6.25 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91 min) ★★★★★
8.00 **Oppenheimer** Christopher Nolan's biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. (2023, 15, 180min) ★★★★★
11.00 **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio and Ken Watanabe. (2010, 12, 148min) ★★★★★

1.30 AM **To Catch a Thief** Romantic Hitchcock comedy thriller. (1955, PG, 102min) ★★★★
3.20 **Dallas Buyers Club** Fact-based drama. (2013, 15, 114min) ★★★★
5.20 **to 7.10** AM **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★

Sky Cinema Animation

305 412 500 514

7.35 AM **Rugrats Go Wild** Animated comedy. (2003, U, 81 min) ★★★
9.10 **Hotel Transylvania 2** (2015)
10.55 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
12.40 PM **Migration** Animation with the voice of Kumail Nanjiani. (2023, U, 83min) ★★★
2.15 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

4.00 **Home** Animated adventure. (2014, U, 94min) ★★★
5.50 **Hotel Transylvania 2** Animated family comedy sequel. (2015, U, 89min) ★★★
7.35 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
9.25 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
11.05 **Tad the Lost Explorer and the Secret of King Midas** Animated fantasy adventure. (2017, U, 85min) ★★★

12.40 AM **Boonie Bears: Guardian Code** Animated adventure. (2023, PG, 96min) ★★★
2.25 **Little Vampire** Animation. (2020, PG, 85min) ★★★
3.55 **Maya the Bee** (2014, U) ★★
5.40 **to 7.25** AM **Curious George** Animation. (2006, U) ★★★★

Movies 24

312 419

7.00 AM **Love On Your Doorstep** Drama starring Stephanie Bennett. (2023, PG, 86min) ★★
9.00 **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★
11.00 **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
1.00 PM **The Dancing Detective: A Deadly Tango** Murder mystery starring Lacey Chabert. (2023, PG, 84min) ★★

3.00 PREMIERE **A Costa Rican Wedding** Romantic comedy starring Rhiannon Fish. (2024, PG, 84min) ★★
5.00 **Married By Mistake** Romantic comedy. (2023, PG, 88min) ★★
7.00 **Love in Whitbrooke** Romantic drama starring Brittany Bristow. (2021, PG, 88min) ★★
9.00 **May the Best Wedding Win** Romantic comedy starring Alys Crocker. (2023, PG, 85min) ★★
11.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★

1.00 AM **Mountain Rescue Romance** Romantic comedy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Love, Classified** Drama starring Melora Hardin. (2022, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Mysterious Mr Davis** Comedy. (1939, b/w, U) ★★★
7.10 **The Son of Monte Cristo** Adventure. (1940, b/w, U) ★★
9.10 **Look at Life**
9.25 **Suspect** Comedy thriller. (1960, b/w, PG, 81min) ★★
11.05 **The Beverly Hillbillies** (S1)
11.40 **Cinebox Memories**
11.45 **The Devil's Disciple** Drama. (1959, b/w, U, 83min) ★★★

1.25 PM **Batman** 6/60. (S2)
2.00 **The Jackals** Western. (1967, PG, 96min) ★★★
3.50 **Look at Life**
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **The Wicked Lady** Swashbuckling costume drama. (1945, b/w, PG, 104min) ★★★★
8.00 **Gideon's Way** 9/26. (S1)
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Budgie** *Brains:* 3/13. (S1)

11.00 **Meantime** Mike Leigh drama. (1983, 15, 90min) ★★★★
1.10 AM **The Heritage Chart Show**
2.15 **A Kiss Before Dying** Thriller. (1956, 12, 89min) ★★★
4.10 **Stigma** Horror with Kate Binchy.
4.55 **The Texan** 17/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sky Sports Main Event

401 511 501 419 439

6.30 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **ICC Champions Trophy Cricket India v New Zealand.** The Group A match from Dubai International Cricket Stadium.
12.30 PM LIVE **SPFL Hibernian v Hearts.** Coverage of the Scottish Premiership match staged at Easter Road. Kick-off **12.30pm**.
3.00 LIVE **WSL Brighton & Hove Albion v Chelsea.** Coverage of the Women's Super League match from Broadfield Stadium. The reverse fixture in December saw Chelsea come away with a 4-2 win. Kick-off **3.00pm**.
5.00 LIVE **WSL Arsenal v West Ham United.** Coverage of the Women's Super League match at Meadow Park. The reverse fixture back in October saw Arsenal earn a 2-0 victory. Kick-off **5.30pm**.
8.00 LIVE **PGA Tour Golf** Day four of the Cognizant Classic in the Palm Beaches at PGA National Resort.
11.00 LIVE **WTA Tennis** Coverage of the WTA Merida Open final, a hard-court tournament staged at Yucatan Country Club in Mexico.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **PL Retro** Arsenal v Tottenham.
12.00 NOON **PL Highlights** Action from Manchester City v Brentford.
12.30 PM Wolverhampton Wanderers v Newcastle United.
1.00 Tottenham v Everton.
1.30 Highlights of Manchester City v Manchester United.
2.00 LIVE **WSL Brighton & Hove Albion v Chelsea.** The Women's Super League match at Broadfield Stadium. Kick-off **3.00pm**.
5.00 LIVE **WSL Arsenal v West Ham United.** The Women's Super League match from Meadow Park. In the reverse fixture, Mariona Caldentey opened the scoring in the 71st minute before Rosa Kafaji scored in the 89th minute to put the game to bed for the Gunners. Kick-off **5.30pm**.
8.00 **Chasing the Dream**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Chelsea v Wigan.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **SPFL Highlights**
6.15 **EFL Highlights** Recent action.
11.15 **SPFL Highlights**
11.30 LIVE **SPFL Hibernian v Hearts.** Coverage of the Scottish Premiership game at Easter Road, as the rivals meet for the third time in the league this season. The hosts are unbeaten against Hearts in the previous two matches, drawing the first meeting 1-1 here before travelling to Tynecastle and claiming a 2-1 victory thanks to a 78th-minute winner from Dwight Gayle. Kick-off **12.30pm**.
3.00 PM LIVE **WSL Brighton & Hove Albion v Chelsea.** All the action from Broadfield Stadium. Kick-off **3.00pm**.
5.00 LIVE **WSL Arsenal v West Ham United.** Coverage of the Women's Super League match at Meadow Park. Kick-off **5.30pm**.
8.00 **SPFL** Hibernian v Hearts.
10.00 **SPFL Highlights**
10.15 **EFL Highlights**
10.45 **SPFL** Hibernian v Hearts.
11.00 **WSL** Recent highlights.
12.00 M'T **EFL** The 2012/13 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Best of ICC WT20**
6.30 **ICC Champions Trophy Cricket**
8.30 LIVE **ICC Champions Trophy Cricket India v New Zealand.** Coverage of the Group A match from Dubai International Cricket Stadium. New Zealand are chasing their second Champions Trophy title after their only previous success in 2000, when they beat India in the final by four wickets in Kenya. India have won this tournament outright when they beat England by five runs in 2013, while they also shared the trophy with Sri Lanka in 2002.
5.30 PM **Best of ICC WT20**
6.00 **History of the ICC Champions Trophy** Reflecting on the previous editions of the tournament.
7.00 **ICC Men's Cricket World Cup 2023 – Made In India**
8.30 **Best of ICC WT20**
9.00 **ICC Champions Trophy Cricket**
12.00 M'T **ICC Men's T20 World Cup** South Africa v India in the 2024 final staged at Kensington Oval.
1.00 AM **WPL** Royal Challengers Bengaluru v Delhi Capitals.
4.40 **Ashes Greats** Archive action.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **LPGA Tour Golf** Coverage of day four of the HSBC Women's World Championship.
7.30 LIVE **Icons Series Golf** Coverage of the second day from Robinswood Golf Club in Thailand.
10.30 LIVE **DP World Tour Golf** Coverage of the fourth day of the Investec South African Open.
2.30 PM LIVE **PGA Tour Golf** Coverage of day four of the Cognizant Classic from Florida.
11.00 **Ladies European Tour Golf**
12.00 M'T **Golf's Greatest Holes**
12.30 AM **Ryder Cup Memories**
2.00 **Golf Academy** Expert tips.
3.00 **PGA Tour Golf** Highlights.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tennis** Recent finals.
2.00 PM **WTA Tennis** From Dubai.
2.30 **ATP Tennis** A recent final.
3.30 **WTA & ATP Tennis**
7.30 LIVE **WTA Tennis** Coverage of the Texas Open final from Austin.
9.30 **ATP Tennis** Recent highlights.
10.30 LIVE **ATP Tennis** Coverage of the Santiago Open final in Chile.
11.00 LIVE **WTA Tennis** Coverage of the Merida Open final in Mexico.
1.00 AM **Sizzle Reel 2024**
1.30 **ATP 2024 Best of Jack Draper**
1.45 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Isuzu UTE A-League Western Sydney Wanderers v Perth Glory.** From CommBank Stadium. Kick-off **6.00am**.
8.00 **Alpine Skiing** In Kranjska Gora
8.30 LIVE **Alpine Skiing** Run one of the men's slalom in Kranjska Gora.
10.00 LIVE **Alpine Skiing** Coverage of the women's Super-G in Kvitfjell.
11.00 LIVE **Nordic Combined Skiing** Coverage of the women's HS102 ski jump in Trondheim.
11.30 LIVE **Alpine Skiing** Run two of the men's slalom in Kranjska Gora.
12.30 PM **PL Big Interview**
1.00 **Premier League Stories**
1.30 **Premiership Women's Rugby**
2.30 LIVE **Allianz Premiership Women's Rugby** Coverage of the latest top-flight match.
5.30 **Fight Night Live**
7.30 LIVE **Serie A** Coverage of a match from Italy's top division.
9.45 **MotoGP** Grand Prix of Thailand.
11.45 **Tokyo Marathon**
12.45 AM **Allianz Premiership Women's Rugby** Recent action.
1.45 **Serie A** Highlights from Italy.
2.45 **Isuzu UTE A-League**
3.45 **TNT Sports Reload**
4.00 **to 6.00** AM **Cycling**

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **MotoGP** The Grand Prix of Thailand Moto2 race.
7.15 LIVE **MotoGP** The Grand Prix of Thailand MotoGP race staged at Chang International Circuit in Buriram. Start-time **8.00am**.
9.15 **MotoGP Chequered Flag**
10.15 **Premier League Reload**
10.30 LIVE **Snowboarding** Coverage of the SBX event in Erzurum.
12.00 NOON LIVE **Snowboarding** Coverage of the PGS event from the latest round of the season staged in Erzurum, Turkey.
1.30 PM LIVE **Cycling: Kuurne-Brussels-Kuurne** The men's one-day race from Belgium.
4.30 **NBA** A replay of Charlotte Hornets v Washington Wizards.
6.00 LIVE **NBA Boston Celtics v Denver Nuggets.** Coverage of the inter-conference match from TD Garden. Tip-off **6.00pm**.
8.30 **NBA on Fire** The latest news.
9.00 **UFC** Kape v Almabayev.
12.00 M'T **Meatball Molly**
1.15 AM **Fight Inc: Inside the UFC**
4.15 **Premier League Legends**
4.45 **NBA on Fire** The latest news.
5.15 **NBA Action** Highlights.
5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

408 517 507 426 446

6.30 AM **NRLW Grand Final**
6.45 **NRL Grand Final Bitesize Hlts**
7.00 **Fight Night International**
10.00 **NRLW Grand Final**
10.15 **NRL Grand Final Bitesize Hlts**
10.30 **The Gloves Are Off**
11.00 **Behind the Ropes**
11.30 **Super League Highlights**
12.00 NOON **Super League**
3.00 PM **Fight Night International** Naoya Inoue v Ye Joon Kim.
4.00 **Super League Highlights**
5.00 **Super League** A replay of Wigan Warriors v Warrington Wolves.
8.30 **Natasha Jonas: Off Limits**
9.00 **Fight Night** A chance to see Natasha Jonas v Ivana Habazin.
10.00 **Girlz Are Playaz Too** Priscilla Anyabu explores what it's like for women to participate in boxing.
10.30 **Natasha Jonas: Off Limits**
11.00 **Wheelchair Rugby** Leeds Rhinos v Halifax Panthers in the 2024 Super League Grand Final.
12.00 M'T **Super League**
1.00 AM **Fight Night International**
2.00 **Super Bowl LIX Highlights**
3.00 **Wheelchair Rugby**
4.00 **Natasha Jonas: Off Limits**
4.30 **Girlz Are Playaz Too**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.30 LIVE **DP World Tour Golf** The fourth day of the Investec South African Open Championship staged at Durban Country Club.
2.30 PM LIVE **Bundesliga Union Berlin v Holstein Kiel.** Coverage of the German top-flight match at Stadion An der Alten Forsterei. Goals from Aljoscha Kemlein and Tom Rothe helped propel Union to a 2-0 victory in the reverse fixture at Holstein Stadion last October. Kick-off **2.30pm**.
4.30 LIVE **Bundesliga FC Augsburg v SC Freiburg.** Coverage of the German top-flight match staged at WWK ARENA. The home side had come out on top in each of the last four meetings between these sides. Kick-off **4.30pm**.
6.30 **Sports Centre**
7.00 **Sky Sports News** Round-up of the sports news with live analysis, comment and interviews.
10.30 LIVE **ATP Tennis** Coverage of the final of the ATP Santiago Open, a clay-court tournament at Estadio San Carlos de Apoquindo.
12.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.30 LIVE **Icons Series Golf** Day two from Robinswood Golf Club.
10.30 **WPL** Recent highlights.
11.30 **WTA Tennis** Action from Dubai.
12.00 NOON **Fight Night**
1.00 PM **Fight Night International**
2.00 **Super League Highlights**
2.15 **Bundesliga** Archive action.
2.20 LIVE **Bundesliga Union Berlin v Holstein Kiel.** The German top-flight match. Kick-off **2.30pm**.
4.30 LIVE **Bundesliga FC Augsburg v SC Freiburg.** Kick-off **4.30pm**.
7.00 LIVE **NCAA Basketball South Carolina Gamecocks Women v Kentucky Wildcats Women.**
9.00 LIVE **NCAA Basketball Iowa State Cyclones Women v Kansas State Wildcats Women.**
11.00 **Fight Night International**
12.00 M'T **Champions Trophy Cricket**
1.00 AM **WPL** Recent highlights.
2.00 **Tennis** Dubai Championships.
4.00 **PGA Tour Golf** Cognizant Classic.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 874 529 410 432

6.00 AM LIVE **A-League Women Sydney FC v Brisbane Roar.**
8.00 **Serie A** Action from Italy.
9.00 **UEFA Champions League**
9.30 LIVE **Alpine Skiing** Coverage of the women's Super-G in Kvitfjell.
11.00 **Premier League Netbusters**
11.30 **Men's Cycling Pro Series**
12.30 PM LIVE **Cycling: O Gran Camino** Coverage of stage five.
2.30 **TNT Sports Reload**
2.45 **Premier League Reload**
3.00 LIVE **Motocross World Championship** From Argentina.
5.00 **MotoGP** Grand Prix of Thailand.
6.00 LIVE **Motocross World Championship** From Argentina.
8.00 **Men's Cycling Pro Series**
10.00 **Snooker World Open** The final.
12.00 M'T **World Seniors Darts Championships**
2.00 AM **UEFA Champions League**
2.30 **Ultimate Pool** Recent action.
4.00 **to 6.00** AM **Snooker**

TNT Sports 4

414 876 530 411 434

6.00 AM **Allianz Premiership Women's Rugby**
7.00 **Snooker World Open**
9.00 LIVE **Freestyle Skiing** Almaty.
10.30 **TNT Sports Reload**
11.00 LIVE **Nordic Combined Skiing** From Trondheim, Norway.
11.30 **UEFA Europa League & Conference League Magazine**
12.30 PM **UEFA Champions League**
1.00 LIVE **Cross Country Skiing** Coverage from Trondheim.
2.00 **NBA Action** Highlights.
2.30 **NBA on Fire** The latest news.
3.00 LIVE **Nordic Combined Skiing** From Trondheim, Norway.
3.30 **WRC: More Than Machine**
4.00 LIVE **Ski Jumping** In Norway.
5.45 **Winter Sports** Recent action.
9.45 **Premier League Reload**
10.00 **Fight Night Live**
12.00 M'T **Winter Sports** Highlights.
4.00 AM **Fishing: On the Bank**
5.00 **to 6.00** AM **HSBC SVNS**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
6.30 **Top 14 Rugby Union**
10.30 **LaLiga** Another chance to see Atletico Madrid v Athletic Bilbao.
12.30 PM Another chance to see Barcelona v Real Sociedad.
2.30 LIVE **SPFL Aberdeen v Dundee United.** Coverage of the Scottish Premiership match from Pittodrie. Kick-off **3.00pm**.
5.30 **LaLiga Specials** A look back at the best saves from 2024.
6.00 **NHL on the Fly** The NHL news.
7.00 **NASCAR Highlights**
8.00 LIVE **NASCAR** Coverage of the EchoPark Automotive Grand Prix staged at Circuit of the Americas in Austin, Texas.
12.30 AM **Sporting Greats**
1.00 **Sporting Countdowns**
1.30 **United Rugby Championship** A replay of Leinster v Cardiff.
3.30 **NHL Ice Hockey** Recent action.
5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Two match replays.
12.00 NOON **LaLiga Live Studio**
12.55 PM LIVE **LaLiga Leganes v Getafe.** The Spanish top-flight match staged at Estadio Municipal de Butarque. Kick-off **1.00pm**.
3.10 LIVE **LaLiga Real Betis v Real Madrid.** Coverage of the Spanish top-flight match at Estadio Benito Villamarin. Kick-off **3.15pm**.
5.25 LIVE **LaLiga Mallorca v Alaves.** Coverage of the Spanish top-flight match at Estadi Mallorca San Moix. Kick-off **5.30pm**.
7.55 LIVE **LaLiga Osasuna v Valencia.** Coverage of the Spanish top-flight match from Estadio El Sadar. Kick-off **8.00pm**.
11.30 **Football's Greatest**
12.00 M'T **NHL: This is Hockey**
12.30 AM **Top 14 Rugby Union**
2.30 **NHL Ice Hockey** Recent action.
4.30 **Bike World** Magazine.
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

406 516 506 424 444

6.00 AM **Graham Hill: World Champion** A racer profile.
6.30 **F1 Show 2024 Season Review**
8.00 **Indycar** Action from Florida.
9.30 **Testing Wrap** From Bahrain.
10.00 **Ted's Notebook**
11.00 **F1 Show 2024 Season Review**
12.30 PM **Indycar** Action from Florida.
2.00 LIVE **Indycar** The Grand Prix of St Petersburg warm-up session.
2.30 **Russell & the Typhoons**
2.45 **72 Hours with Jack Doohan**
3.00 LIVE **Indy NXT** Coverage of the Grand Prix of St Petersburg.
4.00 **Driven By Us**
4.10 **Lewis Looks Back on 2014**
4.20 **How To Keep Cool In F1?**
4.30 **Ted's Notebook**
5.00 LIVE **Indycar** The Firestone Grand Prix of St Petersburg.
7.30 **F1 Show 2024 Season Review**
9.00 **Indy NXT** From Florida.
10.00 **Indycar** A race replay.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

Monday

3 March

Evening Planner

Football

FA Cup
ITV4, kick-off 7.30pm
Nottingham Forest face Ipswich Town in an all-Premiership clash for this final fixture in the last-16 of the competition.

Reality

Married at First Sight Australia
E4, 9pm
Arguably the most entertaining version of the relationship experiment returns.

Documentary

Ramses the Great: King of Ancient Egypt
Sky History, 9pm
Documentary exposing the man behind the myth, bringing his 67-year rule to life.

OnDemand

Acorntv

Recipes for Love and Murder
Available today
The South African-set whodunnit returns for a second series. Stars Maria Doyle Kennedy.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Wynne &...	9.00 Virdee		10.00 News; Local News	10.40 Imagine...
	102 BBC2	7.00 Chimamanda...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Israel and the Palestinians: The Road...		10.00 QI	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Bay		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 24 Hours in A&E		10.00 First Dates	
	105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Police: Suspect No 1		10.00 Inheritance: Murder in the Family...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Film: Bad Boys			
ENTERTAINMENT	115 BBC3	7.10 Gladiators			8.15 Ghosts US	9.00 The Apprentice		10.00 Apprentice...	10.30 Crashed...
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 The Romantics and Us with Simon...		9.00 The Secret Life of the Mona Lisa		10.00 Pauline Boty: I Am the Sixties	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Christmas Limitless Win		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Two Men on a Bike		10.00 Wonders of the World I Can't See	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Married at First Sight Australia			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Matlock		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Billions		8.00 Game of Thrones		9.00 The White Lotus			10.15 Small Town, Big Story
	110 U&GOLD	7.00 Still Open All Hours	7.40 Dad's Army			9.00 Gavin & Stacey			10.20 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games			9.00 Dave Gorman: Modern Life Is Goodish		10.00 Alan Davies: As Yet Untitled	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	◂ 6.45 FA Cup Football – Live: Nottingham Forest v Ipswich Town (Kick-off 7.30)						9.55 River Monsters	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Hello Wembley!		10.00 Utopia	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Country Music		9.00 Hacks			10.25 Small Town, Big...
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 André Rieu: Live in Maastricht II					10.30 André Rieu...
	132 U&W	7.00 MasterChef USA		8.00 Cops on the Rock		9.00 At Home with Katherine Ryan		10.00 Million Dollar Wedding Planner	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Mega Shippers		10.00 Texas Metal	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Monster Croc Invasion		9.00 Urban Predator: Lion on the Loose		10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets from Above		9.00 Air Crash Investigation		10.00 Hitler's Last Stand: Seize and Hold	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 UFOs: The Lost Evidence		9.00 Ramses the Great: King of Ancient...		10.00 Secrets in the Ice	
	155 U&YESTERDAY	7.00 The Boat That Guy Built		8.00 Simon Reeve's South America		9.00 My Kind of Town		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 UFO		9.00 I Am Johnny Cash			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 Turn Me On		8.00 Fight or Flight			9.45 MaXXXine		
	302 ULTIMATE ACTION	◂ 6.05 Fight or Flight		8.00 Mad Max: Fury Road				10.00 Furiosa: A Mad Max Saga	
	303 HITS	◂ 5.50 The Mummy		8.00 The Mummy Returns					10.25 The Mummy...
	304 AWARD WINNERS	◂ 5.00 Oppenheimer		8.00 Lost in Translation			9.45 The Wolf of Wall Street		
	305 ANIMATION		7.15 Spider-Man: Across the Spider-Verse			9.35 Pil's Adventures			
	306 KIDS BOOKS	◂ 5.55 Journey to the Center of...	7.45 Charlie and the Chocolate Factory				9.55 Harriet the Spy		
	307 MARTIAL ARTS	◂ 5.50 The Killer		8.00 Crouching Tiger, Hidden Dragon				10.00 Jackie Chan's Police Story	
	308 COMEDY	◂ 6.20 Along Came Polly		8.00 The Accidental Husband			9.45 Everybody Wants Some!!		
	309 THRILLER	◂ 6.00 Hanna		8.00 Ocean's Eleven				10.10 Fight or Flight	
	310 DRAMA	◂ 6.20 Miss Potter		8.00 8 Mile				10.00 The Hanging Sun	
	311 SCI-FI	◂ 6.00 Five Nights at Freddy's		8.00 The Nun II				10.00 Resident Evil: Extinction	
	313 FILM4	7.00 Daddy's Home 2				9.00 The Last Duel			
SPORT	401 MAIN EVENT	7.00 Sky Sports News		8.00 TGL – Live: Bay Golf Club v Los Angeles Golf Club				10.00 Behind the...	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Unpacked		8.00 Master Spy	8.30 David James: The One and Only			10.00 PL Icons	
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 WSL		8.45 SPFL Highlights	9.15 EFL Highlights			10.30 Bundesliga...
	404 CRICKET	7.00 ICC Champions Trophy Cricket		8.00 WPL		9.00 ICC Champions Trophy Cricket		10.00 WPL	
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from Group 9 of the Champions League					9.30 Fight Week	10.00 Fight Night Live	
	411 TNT SPORTS 2	◂ 6.30 UEFA...	7.30 PL Review		8.30 Ski...	9.00 Fishing: On the Bank		10.00 UEFA Magazine	10.30 UEFA Europa...

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 NEW SERIES **Crimewatch Live** (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Clean It, Fix It** 1/20. Helping dog walker Rachel to reclaim her house. (S)
2.30 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** New edition Leicestershire. (S)
3.45 NEW SERIES **Make It at Market** 1/15. Featuring chocolatier Lizzie and metal artist John. (S)
4.30 **Antiques Road Trip** New edition
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Virdee

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** One Walford resident overhears a shocking secret, Tommy steps up for a mate, and trauma takes its toll on a Square local. (S)(AD)

8 PM

8.00 **Panorama: Can Trump End the War in Ukraine?** New edition The possibility of a peace deal in Ukraine. (S)
8.30 **Wynne & Joanna: All at Sea** New edition 5/6. A journey from Tenby to Lawrenny. (S)(AD)
■ Entire series on BBC iPlayer

9 PM

9.00 **Virdee** New episode 4/6. A phone call at police headquarters forces Harry to relive a trauma from his past, and a discovery prompts Saima to question what she knows about Harry. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW **Imagine: The Academy of Armando** Alan Yentob chats to writer and director Armando Iannucci about his illustrious career. (S)(AD)
11.55 FILM **The Death of Stalin** Armando Iannucci's political satire following the Soviet dictator's last days and depicting the chaos of the regime after his death. Stars Jason Isaacs and Andrea Riseborough. (S)(AD) (2017, 15, 100min) ★★★★
1.35 AM **The Graham Norton Show** Guest host Claudia Winkleman is joined by Chris Pratt, Rob Beckett and Toby Jones. (S)(R)
2.25 **Weather for the Week Ahead** (S)
2.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **The Farmers' Country Showdown**
3.45 **The Great Rift: Africa's Wild Heart** Documentary. (S)(R)(AD)
4.45 **Designing the Hebrides** (S)(R)(AD)
5.15 **Flog It!** From north Wales. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Jimi Famurewa, Harriet Kemsley, Colin Murray and Sara Pascoe. (S)
6.30 **Robson Green's Weekend Escapes** 1/15. The actor explores Northumberland with former footballer Les Ferdinand. (S)(R)(AD)

9.00 Israel and the Palestinians

7.00 NEW **Chimamanda Ngozi Adichie: The Interview** An interview with the Nigerian author and activist. (S)
7.30 **Mastermind** New edition Subjects include the poetry of Seamus Heaney and TV drama *Mad Men*. (S)

8.00 **Only Connect** Series finale Victoria Coren Mitchell hosts the final. (S)
8.30 **University Challenge** New edition Amol Rajan asks the questions as two teams compete in a quarter-final. (S)

9.00 **Israel and the Palestinians: The Road to 7th October** New edition 2/3. Benjamin Netanyahu and Barack Obama's clashes over how to deal with the conflict in the West Bank. (S)(AD)

10.00 **QI** Host Sandi Toksvig is in search of victory with panellists Rob Beckett, Daliso Chaponda, Lara Ricote and Alan Davies. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Surgeons: At the Edge of Life** 1/6. Cameras follow the work of leading surgeons in Scotland. Consultant hepato-biliary surgeon Rajan Ravindran takes on complex procedures involving the pancreas, liver and gallbladder. (S)(R)(AD)
12.05 AM **Sign Zone: Countryfile** A visit to the Stirling Bull Sales. (S)(R)
1.00 **Sign Zone: Gladiators** (S)(R)(AD)
2.00 **Sign Zone: Waterloo Road** (S)(R)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 NEW SERIES **Tour de Fred: Northern Ireland** 1/5. Fred Sirieix embarks on an adventure that takes him on a gastronomic tour to discover Northern Ireland's best-kept delicious secrets, starting in the Mourne Mountains. (S)
3.00 **Lingo** Word-based game show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Bay

7.30 **Emmerdale** Dawn is horrified to realise that Kim knows about the affair, tensions are high between Marlon and April, while Cain is left feeling distraught. (S)(AD)

8.00 **Coronation Street** Max is sentenced for his crime, Sally hosts a dinner party, Ken refuses to add to Cassie's troubles, Andy confronts David with a knife, and birthday girl Jenny makes a drunken pass at Kit. (S)(AD)

9.00 **The Bay** New episode 2/6. Jenn and the team worry that Manning released information to the public too soon when Hannah's boyfriend Cal is discovered close to death. (S5) (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 NEW **Oscars Highlights** Jonathan Ross takes a look back at the best moments from the 97th Annual Academy Awards ceremony at the Dolby Theatre in Hollywood, hosted by Conan O'Brien. (S)
12.30 AM **Teleshopping**
3.00 **Romesh Ranganathan's Parents' Evening** 1/3. Comedy game show in which celebrities team up with their family members, beginning with Alison Hammond, Iain Stirling and Carol Vorderman. (S)(SL)(R)
3.55 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Tour de Fred: Northern Ireland** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 14-16/25. (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 14-17/24. (S9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** There are DIY disasters in Bulgaria for two former singers. (S)(R)
5.00 **Four in a Bed** New edition This week's competition begins at Newquay Beach Hotel. (S)
5.30 **Come Dine with Me** New edition Food bank volunteer Donna hosts the first evening in Belfast. (S)
6.00 **A Place in the Sun** New edition A search for a holiday home near Puerto del Carmen, Lanzarote. (S)

8.00 Batch from Scratch

7.00 **News** (S)

8.00 **Batch from Scratch: Cooking for Less** New edition 3/6. Joe Swash and Suzanne Mulholland help the Shah family in Potters Bar to find common ground by showcasing time-saving recipes such as katsu curry. (S)(AD)

9.00 **24 Hours in A&E** New edition A 65-year-old woman is rushed to Queen's Medical Centre in Nottingham after being found collapsed in a park. The doctors also treat a teenager with a nasty burn on her hand. (S)(AD)

10.00 **First Dates** New edition A retired racing driver meets a champion ballroom dancer, and a school caretaker returns to the *First Dates* restaurant after his first visit ended in tears. (S)(AD)
11.05 **Gogglebox** (S)(R)(AD)
12.10 AM **Alone USA** New edition 5/11. One survivalist's mistake quickly becomes disastrous. (S)
■ Entire series on C4 online
1.25 **Ramsay's Hotel Hell** (S)(SL)(R)
2.15 **Grand Designs** (S)(R)
3.10 **Location, Location, Location** (R)
4.05 **Jamie's One-Pan Wonders** (S)(R)
4.30 **Sunday Brunch Best Bits** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Medical documentary. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Evil in a Small Town** Thriller starring Veronica Ramirez and Justin Berti. (S) (2023, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Bar and B&B owners Graham and Kaye try out their first tapas night. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The Lower League Lads try their luck. (S)(R) **6.30** The Mighty Wanderers take part in the quiz. (S)(R)
6.55 **News** (S)

9.00 Police: Suspect No 1

7.00 **Police Interceptors** Paul's shift starts with the high-speed pursuit of a vehicle that is suspected of being stolen from the driver's own mother. (S)(R)
7.55 **News** (S)

8.00 **Traffic Cops** New edition Officers rush to the scene of a fatal hit-and-run in the Peak District, where two suspects have fled after a collision with another car with a mother and son inside. (S)

9.00 NEW SERIES **Police: Suspect No 1** An innocent bystander is critically injured during a street brawl in Grimsby, leaving police to interview three suspects to determine which one was responsible. (S)

10.00 NEW **Inheritance: Murder in the Family – The Thomas Kwan Affair** Investigating why a doctor orchestrated an elaborate plot to murder his mother's long-term partner. (S)

11.30 **Acts of Murder** Three sleuths analyse the crimes of serial killer John Wayne Gacy. (S)(R)
12.30 AM **Friends** (S1) (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S1) (S)(R)(AD)
3.50 **Police Interceptors** (S)(R)(AD)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S2) (S)(R)
11.00 **Super Shark Highway** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Homer Scissorhands:* Homer discovers a talent for styling hair. (S)(R) **5.30** *The Real Housewives of Fat Tony:* Fat Tony and Selma get married following a whirlwind romance. (S)(R)
6.00 **The Office (US)** 21/24. Kelly learns that a man even more perfect than Ryan exists. (S)(R) **6.30** 22/24. Andy shows up at a fundraising auction for Robert Lipton. (S8) (S)(R)

9.00 Bad Boys

7.00 **The Simpsons** *500 Keys:* Lisa finds a classroom hidden beneath Springfield Elementary. (S)(R) **7.30** *The Ned-liest Catch:* Ned Flanders and Mrs Krabappel embark on a whirlwind romance. (S)(R)

8.00 **UFO** 1/4. Exploring people's fascination with UFOs and the influence the US government and the military may have in shielding the truth. (S)(R)(AD)

9.00 FILM **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni, Theky Karyo and Theresa Randle. (S) (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **Last Week Tonight with John Oliver** Satirical talk show. (R)
12.00 M'T **Veep** 9/10.Catherine and Marjorie have a fight. (S)(R)(AD) **12.35** AM 10/10. Catherine gets a makeover. (S5) (S)(R)(AD)
1.10 **The Force: Manchester** (S)(R)
2.05 **Road Wars** (R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.55pm Sportscene: SWPL Highlights **12.25am** Scotcast **12.55** Superman & Lois **2.20** Weather **2.25-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Chronicles of the Sperrins **8.30-9.00** Panorama: Can Trump End the War in Ukraine? **10.40** Spotlight: Those Who Want Me Dead **11.25** Funboys **11.50** Imagine: The Academy of Armando New edition **1.05-1.35am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Highlights **11.10** Imagine: The Academy of Armando **12.25am** Funboys **1.20-1.35am** Weatherman Walking

BBC1 North/Yorkshire & Lincolnshire
Sky 954/955, Freesat 954/955
8.30-9.00pm Our Lives: Our Yorkshire Stately Home

BBC1 North East
Sky 952, Freesat 952
8.30-9.00pm Our Lives: The Seal Whisperer

BBC1 North West
Sky 953, Freesat 953
8.30-9.00pm Our Lives: The Lakes: Our Life on the Edge

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Gairdíní an Phobail

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Hen Dy Newydd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Siwrna Scandi Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar **8.25** Cegin Bryn: Yn Ffrainc **8.55** Newyddion a'r Tywydd **9.00** Ffermio **9.30** Sgorio **10.00** Troseddau Cymru Gyda Sian Lloyd **11.00-11.35pm** Codi Hwyl America

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Zen Motoring** Former battle rapper Ogmios gives his guide to being a zen driver.
7.10 **Gladiators** 6/11. Bradley and Barney Walsh host the first round of the quarter-finals.
8.10 **The Catch Up**
8.15 **Ghosts US** 13/22. Sam and Jay's assistant Freddie buys ghost-hunting equipment. **8.35** 14/22. Trevor receives some disturbing news about his parents. (S2)
9.00 **The Apprentice** 5/12. The candidates must create a new chocolate Easter egg.
10.00 **The Apprentice: You're Fired** 5/11. An interview with the latest candidate to leave.
10.30 **Crashed: $800m Festival Fail** The spectacular rise and fall of British music and festival company Pollen.
11.30 **Funboys** 3/4. (S1)
11.55 **Boot Dreams: Now or Never** Documentary.
12.55 AM **Made Up in Belfast**
1.55 **Crashed: $800m Festival Fail** As shown at 10.30pm.
2.55 **to 3.55** AM **Boot Dreams: Now or Never**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** Scaling Layer Marney Tower in Essex.
7.30 **Who Do You Think You Are? USA** Actor America Ferrera traces her ancestry.
8.00 **The Romantics and Us with Simon Schama** 2/3. How the Romantics became the first explorers of the unconscious.
9.00 **The Secret Life of the Mona Lisa** 3/3. The mystery of the *Mona Lisa*.
10.00 NEW **Pauline Boty: I Am the Sixties** Documentary about pop art sensation Pauline Boty
11.00 **Monitor: Pop Goes the Easel** Film from 1962 on the pop art movement.
11.45 **Lee Miller: A Life on the Front Line** Documentary.
12.45 AM **Climbing Great Buildings** As 7.00pm.
1.15 **Who Do You Think You Are? USA** As 7.30pm.
1.45 **The Secret Life of the Mona Lisa** As 9.00pm.
2.45 **to 3.45** AM **The Romantics and Us...**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Trish makes a rotten discovery, while Sarah and George open their doors to the village.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a valuable AC Aceca. **6.55** Fuzz and Tim restore a 1970s Datsun 240z.
7.55 **Car S.O.S** Fuzz and Tim take on one of the most divisive British sports cars ever made – a Triumph TR7.
9.00 **Two Men on a Bike** New edition 3/4. David and Hugh travel along the Canal du Midi. Along the way, they visit an artisanal dye expert who reveals the ancient magic behind turning things blue.
10.00 **Wonders of the World I Can't See** 2/4. Chris McCausland is joined by Tom Allen in Rome, where they zip around the city on a rickety Vespa, train to be gladiators and learn to sing opera.
11.05 **8 Out of 10 Cats Does Countdown**
12.05 AM **24 Hours in A&E**
1.10 **Emergency Helicopter Medics** Documentary.
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Lucas takes matters into his own hands.
7.30 **Modern Family** 15/24. The families prepare for Valentine's Day. (S1)
8.00 **The Simpsons** *Old Yeller Belly:* Santa's Little Helper becomes Duff Beer's mascot. **8.30** *Brake My Wife, Please:* Homer receives a driving ban.
9.00 NEW SERIES **Married at First Sight Australia** Return of the reality series. Carina and Paul are given a second chance at love, while Eliot threatens to cut and run if he doesn't like his bride.
11.05 **First Dates**
12.05 AM **Married at First Sight Australia** As 9.00pm.
2.10 **Gogglebox**
3.05 **Abbott Elementary**
3.30 **The Big Bang Theory**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime primetime

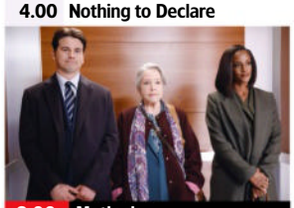
MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **New Amsterdam** 6/13. (S5)
12.00 NOON **The Good Doctor** (S1)
1.00 PM **The Cleaning Lady** (S1)
2.00 **Chicago Fire** 6/22. Cruz and Chloe take steps to make Javi a permanent part of their family. (S11)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**


8.00 Matlock

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Matlock** *Rome, In a Day:* 2/10. Matty and her team defend a developmentally delayed teen who is accused of murder. (S1)

9 PM
9.00 **Blue Bloods** *Reality Check:* 8/20. Danny partners with Anthony to investigate a double homicide. (S12)

10 PM
10.00 **Law & Order: Special Victims Unit** *Dutch Tears:* 14/22. A recently released convict goes in search of his arresting officer. (S24)
11.00 **The Rookie** 10/22. (S4)
12.00 M'T **Law & Order: Organized Crime** 15/22. (S2)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **The Good Doctor** 1/18. (S2)
3.00 **The Rookie: Feds** 12/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets** Double bill.
8.00 **True Blood** 2&3/12. (S3)
10.10 **Billions** 9&10/12. (S7)
12.25 PM **Game of Thrones** (S5)
1.25 **Big Love** Double bill. (S4&5)
3.40 **True Blood** 2/12. Jessica seeks Pam's advice in dealing with a sticky situation. **4.40** 3/12. Sookie decides to search for Bill in Jackson and Eric instructs Alcide Herveaux to protect her. (S3)
5.45 **Billions** 9/12. Chuck makes a risky move to prove his commitment. (S7)

9.00 The White Lotus

7.50 **Billions** *Enemies List:* 10/12. Prince makes big changes, while Wendy finds herself in an impossible position. (S7)

8.00 **Game of Thrones** *The Wars to Come:* 1/10. Jon Snow struggles to mediate between Mance Rayder and Stannis. (S5)

9.00 **The White Lotus** New episode *The Meaning of Dreams:* 3/8. Comedy drama set in Thailand. (S3)

10.15 **Small Town, Big Story** *The White Ridge:* 1/6. A Tinseltown production rolls into a small Irish town and uncovers a secret. (S1)
11.15 **Homicide: Life on the Street** 3/4. Tempers flare between Pembleton and Gee. (S2)
12.20 AM **Gangs of London** (S1)
1.30 **The Last of Us** 4/9. (S1)
2.30 **Watchmen** 3/9. (S1)
3.40 **Game of Thrones**
4.50 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Flash** 18/18. (S7)
9.00 **Stargate SG-1** 19&20/22. (S2)
11.00 **Supergirl** 9/20. (S1)
12.00 NOON **The Flash** 1/20. (S8)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 12/20. (S5)
5.00 **Supergirl** 8/20. A hacker exposes Cat's e-mails. (S1)
6.00 **Stargate SG-1** 19/22. The team accidentally spread a disease throughout an ancient civilisation, threatening it with extinction. (S2)

6.00 Stargate SG-1

7.00 **Stargate SG-1** *Show and Tell:* 20/22. Invisible aliens plot to destroy mankind during a war of attrition against the Goa'uld. (S2)

8.00 **Rob & Romesh vs Country Music** The duo meet Shania Twain as they investigate the world of country music.

9.00 **Hacks** 7/10. Deborah and Marty put their differences aside. **9.40** 8/10. Deborah experiences a career-defining moment. (S1)

10.25 **Small Town, Big Story** *The White Ridge:* 1/6. Chris O'Dowd's comedy drama starring Christina Hendricks and Paddy Considine. (S1)
11.30 **The Force: Manchester** Officers raid a cannabis farm. **12.30** AM Officers are called to a disturbance at a hostel.
1.30 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** 14/22. (S13)
4.00 **Magnum P.I.** 12/20. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 4/22. Wyatt's school play brings out Piper's competitive instincts. (S8)
4.00 **Gilmore Girls** 3/22. Luke and Lorelai go on a date. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests David Haye, Andrea McLean and Louis Walsh.

8.00 Ant & Dec's Limitless Win

7.00 **Deal or No Deal** Stephen Mulhern hosts the game show as contestant Becca takes on the ruthless Banker.

8.00 **Ant & Dec's Christmas Limitless Win** A special editon, with Rylan and David Walliams, and Jimmy Carr and Katherine Ryan.

9.00 **Hell's Kitchen** New edition Michelin-starred chef Dan Barber joins Gordon to judge a pickling challenge.

10.00 **Family Guy** 9/18. Brian and Stewie embark on an epic journey. **10.30** 4/18. Stewie wants to join the army. (S5)
11.00 **American Dad!** 8/19. Roger and Steve seek fame. **11.30** 2/19. Stan's dieting puts his life at risk. (S2)
12.05 AM **Bob's Burgers** (S11)
1.05 **Iain Stirling's CelebAbility**
1.45 **Don't Hate the Playaz**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Love and Loss.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
3.10 **Classic Coronation Street**
3.40 **Inspector Morse** *Death Is Now My Neighbour:* Morse investigates the apparently motiveless shooting of a woman through her kitchen window.
5.55 **Heartbeat** *House Rules:* Steve Crane's wayward mother Babs arrives in Aidensfield.

8.00 Midsomer Murders

6.55 **Heartbeat** *Mackerel Sky:* An ex-con with a score to settle arrives in the village, hoping to take revenge on Merton.

8.00 **Midsomer Murders** *The Dark Rider:* Bentham DeQuetteville falls to his death from a roof after seeing a headless horseman, and Barnaby's investigation uncovers shocking secrets about the victim's aristocratic family.

10.00 **Endeavour** *Quartet:* Thursday faces a moral dilemma as he tries to protect a woman from her violent husband.
12.00 M'T **Trial & Retribution** 2/10. The team try to find out who was in the house with Emily Harrogate at the time of her death, and concerns over DCS Walker's son deepen. (S10)
1.15 AM **Never the Twain**
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: The Repair Shop on the Road**
3.45 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Recent action.
8.00 **Scotland's Sacred Islands with Ben Fogle** Exploring the spiritual legacy of remote islands.
9.00 **Surgeons: At the Edge of Life** 1/6. The work of leading surgeons.
10.00 **River City** New episode Sam's chat with Conor fails to go as planned.
10.30 **The Agency: Unfiltered** New edition 5/6. Kirsten and Amy find out what the competitors are like when their guard is down.
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **The Chief** 2/4. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Bored to Death**
9.10 **The Conners** (S5)
10.00 **Hung** 7&8/10. (S3)
11.20 **Eastbound & Down**
12.35 PM **Curb Your Enthusiasm** (S2)
1.55 **Hung** 7&8/10. (S3)
3.05 **Eastbound & Down**
4.35 **Bored to Death** (S3)
5.40 **The Office (US)** (S8)
6.40 **The Conners** (S5)
7.40 **Curb Your Enthusiasm** 6/10. Larry lends a writer $5,000. Guest stars Keone Young. **8.20** 7/10. Larry ruins a valuable doll. (S2)
9.00 **Last Week Tonight with John Oliver** New edition Talk show.
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver** As 9.00pm.
11.40 **Veep** 9&10/10. (S5)
1.00 AM **Eastbound & Down**
2.25 **Ramy Youssef: Feelings**
3.30 **to 5.00** AM **The Comeback**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Wind in the Willows**
8.15 **Watercolour Challenge**
9.25 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour Challenge** Double bill.
1.00 PM **Tales of the...**
2.00 **Lenny Henry's Got the Blues**
3.00 **Discovering**
4.00 **Landscape Artist 2021**
5.00 **Tales of the Unexpected**
6.00 **Artist of the Year: Masterclass** New editions Double bill.
7.00 **Alfred Hitchcock Hour**
8.00 **André Rieu: Live in Maastricht II**
10.30 **André Rieu: Dance the Night Away**
11.30 **Classic FM's Rising Stars with Julian Lloyd Webber 2021**
12.30 AM **National Theatre Live: The Crucible**
3.20 **Urban Myths**
4.10 **Sky Arts Book Club**
5.10 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **The Force: Manchester**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 15/26. (S7)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** *Vis-a-Vis:* 20/26. An alien vessel makes contact with the crew. (S4)
8.00 **Hawaii Five-0** (S8)
9.00 **SEAL Team** (S4)
11.00 **Britain's Most Evil Killers** The murder of Saima Khan in 2016.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Backyard Builds**
8.10 **Chloe Madeley: A Family Affair**
9.10 **Taste of Ireland**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Chloe Madeley...**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Gary Barlow's Wine Tour: South Africa**
8.00 **Dinner Date**
9.00 NEW SERIES **The Real Housewives of Cheshire**
10.00 **The Real Housewives of Orange County**
11.00 **Botched** Medical series.
11.55 **The Only Way Is Essex**
12.55 AM **Backyard Builds**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 15/22. (S3)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 20/22. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 5-8/24. (S2)
9.00 **Randall and Hopkirk (Deceased)** *My Late Lamented Friend and Partner:* 1/26. First episode of the 1960s comedy drama. (S1)
10.00 **The Avengers** *Who's Who??* 16/24. Steed and Emma fall into a trap. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots**
12.25 PM **Robin of Sherwood**
1.30 **Magnum, PI**
2.30 **Kojak**
3.35 **Minder**
4.40 **The Sweeney**
5.45 **The Motorbike Show** Henry Cole celebrates the life of designer Derek Rickman.

11.00 Renegades

6.45 LIVE **Football: FA Cup** Nottingham Forest v Ipswich Town: Coverage of the concluding tie of the fifth round at the City Ground. When the teams met here in the Premier League in November, it was Forest who prevailed 1-0 thanks to a penalty from the prolific Chris Wood. Kick-off is at 7.30. *See feature, page 28.*

9.55 **River Monsters** Extreme angler Jeremy Wade contemplates whether a goonch catfish could be active in Nepal.

11.00 FILM **Renegades** Action thriller with Kiefer Sutherland and Lou Diamond Phillips as a modern-day crime-busting Lone Ranger and Tonto. (1989, 18, 102min) ★★★
1.05 **to 3.00** AM **Auf Wiedersehen, Pet**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 6/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 21/26. (S6)
2.00 **Warehouse 13** 2/20. (S4)
3.00 **Stargate SG-1** 14/20. (S9)
4.00 **Star Trek: Voyager** 4/26. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 6/26. The crew meet the sister of deceased colleague Tasha Yar. (S4)

10.00 The Walking Dead

7.00 **Warehouse 13** *An Evil Within:* 2/20. Claudia takes a risk by attempting to resurrect Steve. (S4)

8.00 **Stargate SG-1** *Stronghold:* 14/20. Baal rises up against the Jaffa High Council's democratic ideology. (S9)

9.00 **Grimm** *Endangered:* 19/22. Nick wonders if a series of attacks on cattle are the work of aliens rather than Wesen. (S2)

10.00 **The Walking Dead** *Bait:* 6/16. A familiar face becomes the unlikely hero of a family of survivors. (S4)

11.00 **SurrealEstate** 5/10. Luke is forced to improvise when a client's home traps her inside. **12.00** M'T 6/10. A conflict draws the Agency into a feud, and Phil's sister arrives to settle the family will. (S2)
1.00 AM **True Blood** 3&4/12. (S2)
3.00 **Chucky** 4/8. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 10/16. (S4)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 10/16. After a raw diamond is found at the scene of a murder, Major Crimes sets up a stakeout to take down the suspected gem smugglers. (S4)
6.00 **Father Brown** As 10.00pm.

8.00 White Collar

7.00 **The Mentalist** *If It Bleeds, It Leads:* 7/22. The team investigate the death of a reporter. Guest stars Henry Ian Cusick. (S5)

8.00 **White Collar** *The Original:* 15/16. Neal goes undercover in the art world to help the FBI catch an art forger. (S4)

9.00 **Death in Paradise** *In the Footsteps of a Killer:* 7/8. The team reopen a seven-year-old murder case. (S6)

10.00 **Father Brown** *The Kembleston Olimpicks:* Rivalries escalate at the village Olimpicks when a competitor is poisoned.

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
12.55 AM **Elementary** 6/24. (S1)
1.55 **So Help Me Todd** 5/10. Margaret and Todd defend Lyle's mother Jaqueline. (S2)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.05 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Still Open All Hours**
11.00 **Last of the Summer Wine**
12.20 PM **The Green Green Grass**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Still Open All Hours**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **The Green Green Grass**
6.20 **Are You Being Served?**

5.00 On the Up

7.00 **Still Open All Hours** Mrs Featherstone decides to take up driving lessons.
7.40 **Dad's Army** First-ever episode of the comedy starring Arthur Lowe. **8.20** Captain Mainwaring sets about trying to get some equipment for his bumbling platoon.

9.00 **Gavin & Stacey** First-ever episode of the comedy starring Mathew Horne and Joanna Page. **9.40** The couple have their first lovers' tiff.

10.20 **The Fast Show** A brother and sister discuss the joys of the Isle of Man, while Unlucky Alf buys a parrot.

11.00 **Bottom** The boys join Mrs Lineker's Love Bureau hoping to find their perfect matches.
11.40 **Inside No 9**
12.20 AM **Here We Go** Double bill.
1.40 **The Fast Show** As 10.20pm.
2.25 **Bottom** As 11.00pm.
2.55 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.20 AM **Anthony Bourdain: Parts Unknown** Russia.
8.00 **The Force: Behind the Line**
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Toy Stories**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore comfort food.
6.00 **Rick Stein's Spain** The chef embarks on a culinary tour in an old camper van, starting in Galicia, where he hopes to find places off the beaten track.

9.00 Modern Life is Goodish

7.00 **Would I Lie to You? At Christmas** With Stephen Mangan, Barry Cryer, Miles Jupp and Miranda Hart.
7.40 **Richard Osman's House of Games** Guests include Nabil Abdulrashid. **8.20** Edith Bowman, Fern Brady, Will Kirk and Martin Lewis take part.

9.00 **Dave Gorman: Modern Life is Goodish** New edition 2/3. Dave reinvents the alphabet. ■ Entire series on U

10.00 **Alan Davies: As Yet Untitled** With guests Sue Perkins, Jamali Maddix, Lara Ricote and Josh Jones.

11.00 **Taskmaster** Noel Fielding must dance like a shrew.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** As 7.00pm.
2.00 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** In Cheshire.
7.00 **A Place in the Sun** A couple hoping to move to Estepona on Spain's Costa del Sol.
7.45 **The Great Pottery Throw Down** The semi-finalists create Hellmouth fireplaces and face a surprise challenge.
9.00 **Gogglebox** Double bill.
11.00 FILM **Red Sparrow** Spy thriller based on Jason Matthews' novel, with Jennifer Lawrence, Joel Edgerton and Matthias Schoenaerts. (2018, 15, 134min) ★★★
1.45 AM **Top Guns: Inside the RAF** Documentary.
2.45 **24 Hours in A&E**
3.50 **to 4.35** AM **999: On the Front Line**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 11-13/24. (S11)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Choke Hold:* 4/24. The NCIS team probe the death of a Moscow-born scientist. **7.00** *The San Dominick:* 5/24. Gibbs finds himself on a ship that has been taken over by pirates. **8.00** *Parental Guidance Suggested:* 6/24. The team investigate the murder of a Navy commander's wife. (S12) **9.00** New episode *A Thousand Yards:* 7/10. NCIS comes under attack by a mysterious enemy from the past, and Vance tries to mend fences with his son. (S21)
10.00 **Law & Order: Special Victims Unit** (S15)
1.55 AM **Criminal Minds** (S1)
2.50 **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers** New edition A gang use an ice-cream van to try and scam thousands of pounds.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A 78-year-old comes in after a dog bites him.
9.00 **Ambulance: Code Red**
10.00 **Call the Bailiffs: Time to Pay Up**
11.00 **Skin A&E** Documentary.
12.00 M'T **A&E After Dark**
1.00 AM **Dexter** (S3)
3.00 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Outback Truckers**
10.30 **Traffic Cops**
11.30 **Police Interceptors**
12.30 PM FILM **Walk the Proud Land** Western starring Audie Murphy. (1956, U, 88min) ★★★
2.20 FILM **Tumbleweed** Western starring Audie Murphy and Lori Nelson. (1953, U, 79min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 FILM **Non-Stop** Action thriller starring Liam Neeson and Julianne Moore. (2014, 12, 106min) ★★★★
11.05 **Extreme Tow Truckers**
12.05 AM **Ice Cold Catch**
1.05 **Police Interceptors**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build Ireland**
7.00 **MasterChef USA** New edition
8.00 **Cops on the Rock**
9.00 **At Home with Katherine Ryan** Series finale Katherine returns home to join Bobby for fertility tests. ■ Entire series on U
10.00 **Million Dollar Wedding Planner**
11.00 **Psychopath with Piers Morgan** Paris Bennett.
12.00 M'T **Hashtag Murder**
1.00 AM **Emma Willis: Delivering Babies**
2.00 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great and Small**
5.25 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *A Merry Bloody Christmas:* 4/4. Shepherd meets a Santa with a slit throat. (S3)
10.00 **New Tricks** *Only the Brave:* The murder of a notorious biker-gang leader is reinvestigated.
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

MONDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Izzie Balmer and James Braxton take a tour of south-east England. **8.00** Izzie and James visit Northamptonshire and Bedfordshire.
9.00 **The Yorkshire Auction House** New edition Angus helps two siblings clear their father's model soldier collection.
10.00 **The Yorkshire Auction House** Double bill.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Cash in the Attic**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **The Bidding Room** Dealers bid to buy items brought in by members of the public.
7.00 **Tenable** Warwick Davis hosts as five friends and family answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **The Avengers**
9.00 **FILM Santa Fe** Western. (1951, U, 87min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Vera Cruz** Western adventure. (1954, PG, 94min) ★★★
3.00 **FILM Gunfighters** Western adventure. (1947, PG, 87min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Shadow Wolves** Action drama starring Thomas Gibson. (2019, 15, 95min) ★★
11.05 **FILM Only God Forgives** Crime thriller starring Ryan Gosling. (2013, 18, 86min) ★★★
1.05 AM **FILM Collision Course** Action thriller. (2012, PG, 90min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Deadly Hack** Thriller. (2018, 12) ★
10.55 **FILM The Twin** Thriller. (2017, 12, 86min) ★★
1.00 PM **FILM 911 Nightmare** Thriller. (2015, 15, 95min) ★★
2.55 **FILM 10 Year Reunion** Thriller. (2016, PG) ★★
5.00 **FILM Lost Letter Mysteries: From the Heart** Crime drama. (2016, PG, 84min) ★★
7.00 **Sue Thomas: F.B.Eye** 1&2/19. Drama. (S1)
9.00 **FILM The Duel** Western with Liam Hemsworth. (2016, 15, 110min) ★★
11.20 **FILM Seraphim Falls** Western starring Pierce Brosnan. (2006, 15, 111min) ★★★★
1.45 AM **FILM The Winter Soldier** Sci-fi adventure. (2016, 15, 101min) ★★
4.00 **to 6.00** AM **FILM Left for Dead** Thriller. (2014, PG, 87min) ★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM Love's Match** Drama. (2021, PG) ★★
10.10 **FILM The Perfect Wedding Match** Comedy. (2021, PG, 86min) ★★
12.05 PM **FILM Make Me a Match** (2023, U) ★★
2.00 **FILM A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★
3.55 **FILM 40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
6.05 **FILM The Seven Year Hitch** Romantic comedy. (2012, PG, 88min) ★★
8.00 **FILM Love's Last Resort** Drama. (2017, PG) ★★
9.55 **FILM Moonlight in Vermont** Romance. (2017, PG, 90min) ★★
11.50 **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM This Little Love of Mine** Drama. (2021, U) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** 1/32. (S1)
10.30 **Watching** 5/8. (S1)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched** 5/36. (S1)
12.00 NOON **Dick Turpin** (S1)
1.00 PM **Jason King** (S1)
2.00 **Born Free** 12/13. (S1)
3.00 **Clive James and the Heroes of San Francisco**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 5/8. (S1)
6.00 **Bewitched** 5/36. (S1)
6.30 **The Monkees** 1/32. (S1)
7.00 **Fantasy Island** (S1)
8.00 **Born Free** 12/13. (S1)
9.00 **Jason King** 10/26. (S1)
10.00 **Married... with Children**
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 2/13. (S1)
12.35 AM **Clive James and the Heroes of San Francisco**
1.35 **That's My Dog**
2.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Homestead Rescue: Raney Ranch**
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch**
9.00 **Naked and Afraid XL** Wes and the team get their third big-game kill, but the victory quickly becomes a dangerous medical situation.
10.00 **Naked and Afraid: Alone** All-star survivalist Ky struggles in the Amazon rainforest.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **James Martin's Brittany** Double bill.
7.00 **The Pioneer Woman**
9.00 **Jamie's Meat-Free Meals** Four editions.
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Down the River**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's Meat-Free Meals** Four editions.
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** The baker heads to New York.
9.00 **Roux Down the River**
10.00 **Rick Stein's Seafood Odyssey** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 10/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 7/23. (S4)
11.00 **FILM A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
1.00 PM **The Gambler: The Adventure Continues**
5.00 **Star Trek** 4/26. (S2)
6.00 **T.J. Hooker** 8/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Daylight** Disaster movie starring Sylvester Stallone and Amy Brenneman. (1996, 12, 114min) ★★★
11.15 **FILM Assassination Games** Thriller with Jean-Claude Van Damme. (2010, 18, 95min) ★★
1.15 AM **FILM Nomads** Horror thriller starring Pierce Brosnan. (1986, 15, 89min) ★★
3.05 **to 4.50** AM **FILM The Asphyx** Horror chiller. (1973, 15, 99min) ★

Legend Xtra
317 171 69 138

6.00 AM **FILM Bigfoot** (2012)
8.00 **FILM Jurassic Hunters** Sci-fi action thriller. (2015, PG, 89min) ★★
10.00 **Farscape** 1/22. (S2)
11.00 **FILM Dr Terror's House of Horrors** Chiller. (1964, PG, 98min) ★★★
1.00 PM **FILM Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
3.00 **Farscape** 11/22. (S2)
4.00 **Star Trek** 12/26. (S2)
5.00 **FILM Bigfoot** Tongue-in-cheek monster movie. (2012, 12, 89min) ★★
7.00 **Farscape** 12/22. (S2)
8.00 **Star Trek** 13/26. (S2)
9.00 **FILM Who Dares Wins** Action thriller with Lewis Collins and Judy Davis. (1982, 18, 124min) ★
11.25 **FILM Assassin** Thriller. (2014, 15, 78min) ★
1.00 **to 3.00** AM **FILM A Reason to Live, A Reason to Die** Western. (1972, PG, 92min) ★★★
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real Deal** From Preston.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? with William Shatner**
12.10 PM **Weird Britain**
1.05 **Mega Disasters**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island** The team make an incredible discovery.
10.00 **Secrets in the Ice**
12.00 M'T **Deadman's Curse**
1.00 AM **UFO Hunters**
2.00 **Weird or What? with William Shatner**
3.00 **Hardcore Pawn**
3.25 **Rust Valley Restorers**
4.10 **to 6.40** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Jersey and Guernsey**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben reunites with a couple off the west coast of Australia. **8.00** Ben catches up with a man living in the woodlands of Arkansas.
9.00 **Susan Calman's Grand Day Out** Exploring the West Yorkshire Valleys.
10.00 **Jane McDonald's Florida** From Orlando.
11.00 **Prisoner: Cell Block H**
1.05 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** From Naples.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
9.00 **A Place in the Sun: Home or Away**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My Lottery Dream Home International**
2.00 **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
6.00 **A Place in the Sun: Home or Away**
7.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Unsellable Houses** New edition
10.00 **Celebrity IOU** New edition With actor Ray Romano.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Curvy Brides Boutique**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
4.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons**
8.00 **The Family Chantel**
9.00 **Baylen Out Loud** New edition Baylen and Colin move in together.
10.00 **I Am Shauna Rae** The girls go dress shopping.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Strange Love**
2.00 **I Am Shauna Rae**
3.00 **Sex Sent Me to the ER**
4.00 **The Family Chantel**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 13&14/18. (S2)
1.00 PM **Friends** (S8&9)
9.00 **Michael McIntyre: Hello Wembley!** A 2009 performance at Wembley Arena.
10.00 **Utopia** New episodes 5/8. Tony's visit to a primary school ends unexpectedly. **10.35** 6/8. Tony and the team are sent to a series of public forums. (S1)
11.10 **Your Face or Mine**
12.10 AM **Iain Stirling: Failing Upwards** Stand-up.
1.10 **Whose Line Is It Anyway? USA**
2.10 **South Park** (S5)
3.10 **Rose Matafeo: Horndog**
4.05 **The Comedy Central Chart Show**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 18&19/24. (S2)
11.00 **Friends** 16-19/25. (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 18&19/24. (S2)
6.00 **Home Improvement** Four episodes, including: **7.30** 6/25. Tim gives Brad some advice about women. (S2)
8.00 **Last Man Standing**
9.00 **Out of Order**
10.00 **Friends** 10-15/24. (S8)
1.00 AM **The Ren & Stimpy Show** 1&2/14. (S4)
2.00 **Key & Peele** (S3)
3.00 **Ugly Americans** (S2)
3.45 **Guessable?**
4.30 **Iain Stirling: Failing Upwards** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **FBI** (S3)
2.00 PM **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **MacGyver** 2/15. Angus and the team must find a missing bio-weapon. **8.00** 3/15. Russ is kidnapped. Guest stars Joe Pantoliano. (S5)
9.00 **Send in the Dogs**
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour** Double bill.
2.00 AM **A League of Their Own: European Road Trip** A visit to Paris.
3.00 **Duck Quacks Don't Echo** Series highlights.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

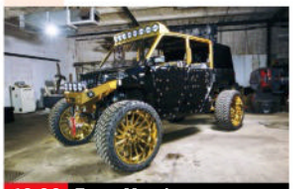
6.00 AM **Daria** 7/13. (S2)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Teams**
4.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Double bill.
9.00 **True Life Crime UK** The story of schoolgirl Ellie Gould, who was found dead in her home in suspicious circumstances.
10.00 **Skin A&E**
11.00 **Ink Master**
12.00 M'T **NEW SERIES Ridiculousness** Rob, Steelo and Carly Aquilino agree surprises stink in 'surprised and traumatised'.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Gold, Lies & Videotape**
5.00 **Deadliest Catch** The *Cornelia Marie* crashes into the ice pack when the greenhorn on watch falls asleep at the wheel.
6.00 **Wheeler Dealers** Elvis convinces Mike to buy a bargain VW Golf convertible.



10.00 Texas Metal

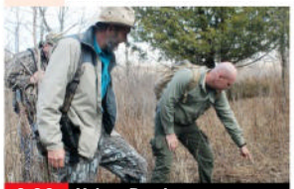
7.00 **Salvage Hunters** Drew Pritchard gains access to a Norfolk boatyard that boasts over half a century of surplus stock.
8.00 **Kindig Customs** Dave moves on to the next generation of the CF1, which means adding the option of a Carson top.
9.00 **Mega Shippers** Massive machines are brought in to move a raised dual carriage way.
10.00 **Texas Metal** New edition Bill goes back to his roots building mini trucks with a 2023 Polaris Ranger.
11.00 **Expedition Bigfoot** An audio expert joins the team after they hear unusual sounds.
12.00 M'T **Street Outlaws: Memphis** A group of local racers call out JJ.
1.00 AM **Mega Shippers**
2.00 **Texas Metal**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked** Alyssa Milano seeks an elegant aquarium.
1.00 PM **Pit Bulls & Parolees**
2.00 **Legends of the Wild**
4.00 **My Cat from Hell** A cat that is tearing a couple apart.
5.00 **Animal Cops Philadelphia** A cat's injury shocks the staff.
6.00 **Tanked** The guys build a tank as a centrepiece for DJ Ashba's new retail venture.



9.00 Urban Predator

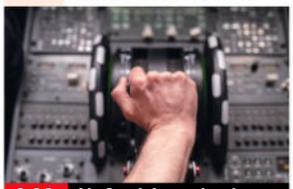
7.00 **Pit Bulls & Parolees** Tania and Earl rescue an adopted dog that has mysteriously turned up in a Mississippi shelter.
8.00 **Monster Croc Invasion** An investigation into the increasing number of human deaths caused by crocodiles in Costa Rica.
9.00 **Urban Predator: Lion on the Loose** Investigating reports that an African lion is stalking the streets of Milwaukee.
10.00 **Alaska: Surviving the Last Frontier** The harsh conditions take their toll on the volunteers.
11.00 **Celebrity Animal Encounters** With Rachael Leigh Cook **11.30** With Justin Hartley.
12.00 M'T **Tanked**
1.00 AM **Alaska: Surviving the Last Frontier** Documentary.
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Mysterious Islands**
11.00 **Ice Road Rescue**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures** Ruins across Europe left by Hitler's infamous Blitzkrieg tactics.
5.00 **Car S.O.S** Tim and Fuzz work on a 1986 Rover SD1. **6.00** The boys attempt to restore a 1930 Ford Model A.



9.00 Air Crash Investigation

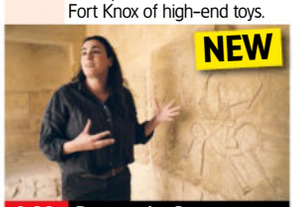
7.00 **Air Crash Investigation** Investigating the worst aviation disaster in Portuguese history.
8.00 NEW SERIES **World War II: Secrets from Above** In April 1940, German battleships attack key Norwegian ports.
9.00 **Air Crash Investigation** New edition A plane that fell out of the sky just a few miles short of Luxembourg airport.
10.00 **Hitler's Last Stand: Seize and Hold** New edition Compilation of series highlights.
11.00 **Air Crash Investigation**
12.00 M'T **Mutant Weather**
1.00 AM **Plane Crash Recreated**
2.00 **Lords of War**
2.30 **Bid & Destroy**
2.55 **Abandoned**
3.20 **Food Factory**
4.10 **When Sharks Attack**
4.35 **to 5.00** AM **Trials of the Wild**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **River Hunters**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **The Proof Is Out There: Military Mysteries**
4.00 **Digging for Britain**
5.00 **Pawn Stars**
6.00 **American Pickers** Junkyard Ron opens the doors to his Fort Knox of high-end toys.



9.00 Ramses the Great

7.00 **Forged in Fire** Four bladesmiths must forge not just one, but three knives from railroad spikes in only three hours.
8.00 **UFOs: The Lost Evidence** Examining evidence of potential UFO inhabitation on Earth.
9.00 NEW SERIES **Ramses the Great: King of Ancient Egypt** The life of Ramses II, also known as Ramses the Great.
10.00 **Secrets in the Ice** New edition Examining great mysteries that have been frozen in time.
11.00 **The UnXplained with William Shatner** New edition
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Flipping Bangers**
2.00 **Ancient Aliens**
3.00 **Kursk: 10 Days That Shaped Putin** 1/2. Documentary.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Churchill's Bid to Abolish Britain** Documentary.
9.00 **WW2: Battles for Europe**
10.00 **The Architecture the Railways Built** Double bill.
12.00 NOON **Greece with Simon Reeve** 1/2. Documentary.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **WW2: Battles for Europe**
6.00 **Antiques Roadshow** Fiona Bruce and the team return to Helmingham Hall in Suffolk.

8.00 South America

7.00 **The Boat That Guy Built** Guy Martin renovates a neglected narrowboat. **7.30** Guy tries to get the shower working.
8.00 **Simon Reeve's South America** Simon travels from Chile's Atacama Desert and follows the Andes to Patagonia.
9.00 **My Kind of Town** Cumnock's aim to become Scotland's first green town. **9.30** A visit to Shotts in North Lanarkshire.
10.00 **Bangers & Cash** A series of head-turning supercharged cars head to the auction room.
11.00 **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien create a fish tank from scrap.
12.00 M'T **Greece with Simon Reeve** 1/2. Simon takes a tour of Greece, from the islands of the Aegean to Athens.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Monday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop** The team work on a mantle clock and a 1920s microscope. **7.00** Mechanical expert Steve Fletcher takes on an ornate clock.
8.00 **Outback Truckers** New editions Josh Carter hauls a monster oversized convoy. **9.00** Johnny and Graeme face a critical oil leak during the Finke Desert Race.
10.00 **MotoGP Highlights**
11.00 **How Do They Do It?**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Forensic Detectives**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Becky Watts.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New editions
11.00 **Murder on CCTV**
12.00 M'T **Serial Killer, Serial Liar: Levi Bellfield**
1.00 AM **Faking It: Tears of a Crime** Emile Cilliers.
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Crimes That Shook Australia** The crimes of Wade Frankum.
8.00 **Secrets of a Murder Detective** The murder of Sinead Healy at the hands of her former partner Kenneth Lynch.
9.00 **Forensic Factor** A series of seemingly random shootings that terrorised the city of East Point.
10.00 **A Secret to Die For** New edition All bets are off when a high-stakes game explodes with deadly consequences.
11.00 **Prosecuting Evil with Kelly Siegler**
12.00 M'T **Nightmare Next Door** Documentary.
1.00 AM **Forensic Factor**
2.00 **A Secret to Die For**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
11.00 **Medical Detectives**
2.00 PM **48 Hours**
4.00 **Medical Detectives** Investigators use geographical profiling to close in on a serial rapist. **4.30** A clue suggests a killing could be linked to a previous murder. **5.00** Investigators inspect incriminating fibres that lead to a killer. **5.30** A hidden fingerprint helps investigators solve a case. **6.00** Insects and a blonde hair help to track down the killer. **6.30** Investigators uncover a 'signature' that links an assault to a murder of a woman.
7.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **The Force: Manchester**
8.00 **Road Wars**
9.00 **Nothing to Declare**
10.00 **Send in the Dogs**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **I'll Be Gone in the Dark**
10.10 **Killer in My Village**
11.05 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **World's Most Evil Killers** New edition
3.00 **Snapped**
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Mafia's Greatest Hits**
9.40 **Edwardian Britain in Colour** As 7.35pm.
10.40 **Impossible Peace**
11.50 **The Dictator's Playbook**
1.00 PM **Mafia's Greatest Hits**
2.05 **Edwardian Britain in Colour** As 7.35pm.
3.05 **Impossible Peace**
4.05 **The Dictator's Playbook**
5.20 **The US and the Holocaust** Documentary.
6.30 **Mafia's Greatest Hits**
7.35 **Edwardian Britain in Colour** 1/2. Historians examine early 20th-century film footage.
8.35 NEW SERIES **Impossible Peace** An insight into the time of peace between World Wars One and Two.
9.40 **The Dictator's Playbook**
10.55 **Mafia's Greatest Hits**
12.00 M'T **Edwardian Britain in Colour** As 7.35pm.
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mother Teresa: For the Love of God?**
7.00 **Discovering: Robert Donat**
8.00 **The Directors**
9.00 **The 2000s**
10.00 **Juan Carlos: Downfall of the King** As shown at 7.00pm.
11.00 **UFO** As shown at 8.00pm.
12.00 NOON **Say Hey, Willie Mays!**
2.00 PM **Klitschko: More Than a Fight** A profile of Vitali Klitschko.
4.00 **The Directors**
5.00 **Discovering: Robert Donat**
6.00 **The 2000s**
7.00 **Juan Carlos: Downfall of the King** 1/4. Documentary looking at the rise and fall of the former Spanish King Juan Carlos I.
8.00 **UFO** 1/4. Documentary exploring people's fascination with unidentified flying objects.
9.00 **I Am Johnny Cash**
10.45 **Music Box**
12.20 AM **Kings of Coke**
2.00 NEW **Rewriting Trump** The political career of Donald Trump.
4.00 **The Directors** As 4.00pm.
5.00 **to 6.00** AM **Discovering: Robert Donat**

Sky Nature

124/125 822 189 354 369

6.00 AM **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Undiscovered Vistas**
9.00 **Patagonia**
10.00 **Guardians of the Wild**
11.00 **Super Shark Highway**
12.00 NOON **Mysteries of the Mekong** Documentary.
1.00 PM **Monkey Life**
2.00 **Undiscovered Vistas**
3.00 **Patagonia**
4.00 **Guardians of the Wild**
5.00 **Africa's Hidden Kingdoms**
6.00 **Mysteries of the Mekong**
7.00 **Monkey Life** Double bill.
8.00 **Wild Battlegrounds**
9.00 **Wild Survivors** A look at how Zambia's Luangwa Valley is in constant flux.
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hidden Kingdoms**
12.00 M'T **Super Shark Highway**
1.00 AM **Wildlife Rescue New Zealand** Documentary.
2.00 **Wild Battlegrounds**
3.00 **Wild Survivors**
4.00 **Undiscovered Vistas**
5.00 **to 6.00** AM **Patagonia**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **River Hunters**
2.00 **Weird Britain**
3.00 **Lost Relic Hunters**
4.00 **Battle 360**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFO Hunters** Investigating UFO sightings in the Hudson Valley area of upstate New York.
8.00 **Greatest Prison Escapes with Billy Hayes** How eight inmates escaped from a New Mexico detention centre.
9.00 **The Nostradamus Effect** An attempt to identify the third antichrist.
10.00 **History's Greatest Mysteries**
11.00 **Royal Autopsy**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **UFO Hunters** As 7.00pm.
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Murder By Medic**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Witness to Murder: Digital Evidence**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Murder By Medic** New edition
9.00 **Cops Gone Bad with Will Mellor** New edition Cliff Mitchell.
10.00 **Crimes That Shook Britain**
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **Cops Gone Bad with...**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo: North Carolina**
9.00 **World's Deadliest**
10.00 **Alaska Fish Wars**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild, Smart and Deadly**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City** A nun flees for her life from a spitting cobra, and a black mamba hides in a television.
7.00 **Secrets of the Zoo** An onager and a bonobo are given a new lease of life by the zoo vets.
8.00 **Wild India** Life through the eyes of a newborn elephant calf. **9.00** Exploring life under the canopies illustrated in Rudyard Kipling's *Jungle Book*.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **The Dinosaur Feather Mystery** As shown at 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Expedition Bigfoot** The team investigate a strange tree structure that could be key to proving the existence of Bigfoot.
8.00 **The Dinosaur Feather Mystery** Theories concerning the evolution of birds, explaining how feathered creatures can be traced back to winged dinosaurs.
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** / *Counted Them All Out:* Burnside and his team help out the flying squad. **5.30** *Zigzag:* Tosh and Dashwood are on the lookout for a missing private detective. **6.00** *A Matter of Trust:* Burnside receives false information about a planned armed robbery. **6.30** *The Tourist Trap:* Ackland and Dashwood go undercover to investigate a tour guide.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **Dancing on the Edge** 4/5. Louis discovers one of Julian's fellow Masons provided him with an alibi for the night Jessie was attacked. Masterson acquires *Music Express* magazine and makes Stanley the editor. (S1)
10.25 **The Bill** Four episodes.
1.00 AM **Top of the Pops**
3.00 **Dancing on the Edge**
4.05 **999 Rescue Squad**
4.50 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
9.00 **Married with Secrets**
11.00 **Forbidden: Dying for Love**
1.00 PM **Caught in the Net**
3.00 **The Big Swindle**
5.00 **Evil Stepmothers**
7.00 **The 1980s: The Deadliest Decade** The story of how the marriage of Joe and Diane Pikul ended in violence. **8.00** The fatal stabbing of Californian cheerleader Kirsten Costas in June 1984.
9.00 **Quiet on Set: The Dark Side of Kids TV** A look at how, in the 1990s, female writers faced a sexist environment. **10.00** As Dan Schneider's power grows, new child actors face abuse on set.
11.00 **Dead on Arrival** The murder of 21-year-old Hollywood actor Rebecca Schaeffer.
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Evil Stepmothers**
4.00 **to 6.00** AM **The 1980s: The Deadliest Decade**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Roadworthy Rescues**
10.00 **Motor Pickers**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Lucky!**
5.00 **Richard Hammond's Workshop** Motoring series.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Lucky!** Formula 1 goes global as drivers Alain Prost and Niki Lauda enthral the growing TV audience worldwide.
9.00 **Shed and Buried: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 M'T **Lucky!**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.30 AM **Rob Peace** As 4.05pm.
8.45 **Fox and Hare Save the Forest**
10.15 **The Garfield Movie** Animation with the voice of Chris Pratt. (2023, U, 101 min) ★★★
12.05 PM **Black Dog** As 11.35pm.
2.15 **Fight or Flight** As 8.00pm.
4.05 **Rob Peace** Drama directed by and starring Chiwetel Ejiofor. (2024, 15, 120min) ★★★
6.15 **Turn Me On** Fantasy starring Bel Powley and Luke Kirby. (2024, 15, 99min) ★★★

6.15 Turn Me On

8.00 Fight or Flight Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 MaXXXine Horror thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actress Maxine Minx is stalked by a mysterious killer. With Kevin Bacon and Elizabeth Debicki. (2024, 18, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min)
1.35 AM **The Watched** Horror starring Dakota Fanning. (2024, 15, 102min) ★★
3.30 **MaXXXine** As 9.45pm.
5.20 **to 6.50** AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71 min)

Sky Cinema Hits

303 403 503 517

6.55 AM **Night Swim** As 2.00pm.
8.45 **Moving On** As 3.45am.
10.15 **Jericho Ridge** As 2.05am.
11.45 **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
2.00 PM **Night Swim** Horror. (2024, 15, 98min)
3.40 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
5.50 **The Mummy** Adventure. (1999, 15, 124min) ★★★★

5.50 The Mummy

8.00 The Mummy Returns Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries – an evil ancient Egyptian high priest and a fierce warrior who has been frozen in time for five millennia. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 The Mummy: Tomb of the Dragon Emperor Action adventure sequel starring Brendan Fraser, Jet Li and Maria Bello. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Get Away** Horror comedy. (2024, 15, 100min) ★★★★
2.05 **Jericho Ridge** Thriller. (2023, 15, 87min) ★★★
3.45 **Moving On** Comedy. (2022, 15, 85min) ★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

7.10 AM **To Olivia** Biographical drama. (2021, PG, 90min) ★★★★
8.55 **Defiance** World War Two drama. (2008, 15, 137min) ★★★★
11.20 **Pawn Sacrifice** Sports drama. (2014, 12, 115min) ★★★★
1.20 PM **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh. (2017, 12, 106min) ★★★★★
3.15 **Boy Meets Boy** Romantic drama. (2021, 15, 75min) ★★★
4.35 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
6.20 **Miss Potter** Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★
8.00 **8 Mile** Drama with Eminem, Kim Basinger and Brittany Murphy. (2002, 15, 112min) ★★★
10.00 **The Hanging Sun** Drama based on the novel by Jo Nesbø, starring Alessandro Borghi, Jessica Brown Findlay and Peter Mullan. (2022, 15, 93min) ★★
11.40 **It Is in Us All** Drama with Cosmo Jarvis. (2022, 15, 92min) ★★★★
1.20 AM **Suburbicon** Black comedy. (2017, 15, 105min) ★★★
3.20 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
5.10 **to 7.05** AM **Wildhood** Drama. (2021, 15, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

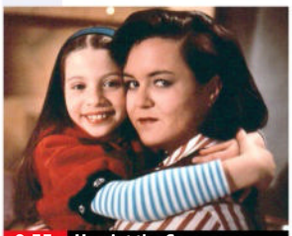
6.05 AM **Resident Evil: Vendetta**
7.50 **Continuum** As 1.30am.
9.30 **Ghost in the Shell** Adventure. (2017, 12, 107min) ★★★★
11.30 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
2.25 PM **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
4.15 **The Woman in Black: Angel of Death** Horror chiller sequel. (2014, 15, 95min) ★★★
6.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. (2023, 15, 109min) ★★
8.00 **The Nun II** Horror sequel with Taissa Farmiga and Storm Reid. (2023, 15, 110min) ★★
10.00 **Resident Evil: Extinction** Sci-fi horror thriller sequel starring Milla Jovovich, Odeh Fehr and Ali Larter. (2007, 15, 90min) ★★
11.45 **Resident Evil: Vendetta** Animated sci-fi horror featuring the voice of Kevin Dorman. (2017, 15, 97min) ★★★
1.30 AM **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★
3.10 **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★
4.50 **to 6.45** AM **The Purge: Election Year** Action horror sequel. (2016, 15, 108min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Kids Books

306 406 506 520

6.55 AM **The Ogglies** As 3.30am.
8.35 **Mavka: The Forest Song**
10.20 **Curious George** As 11.50pm.
11.55 **Harriet the Spy** As 9.55pm.
1.50 PM **Charlie and the Chocolate Factory** As shown at 7.45pm.
4.00 **The Wizard of Oz** Musical fantasy starring Judy Garland. (1939, U, 98min) ★★★★★
5.55 **Journey to the Center of the Earth** Adventure inspired by Jules Verne's famous tale. (2008, PG, 92min) ★★



9.55 Harriet the Spy

7.45 **Charlie and the Chocolate Factory** Tim Burton's fantasy based on Roald Dahl's famous story, starring Johnny Depp, Freddie Highmore and Helena Bonham Carter. (2005, PG, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Harriet the Spy** Family comedy adventure starring Michelle Trachtenberg as an 11-year-old aspiring writer whose spying activities make her an outcast. (1996, PG, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Curious George** Animated children's adventure featuring the voice of Will Ferrell. (2006, U, 87min) ★★★★
1.35 AM **Mavka: The Forest Song** Animated fantasy adventure. (2023, PG, 99min) ★★
3.30 **The Ogglies** Animation. (2021, PG, 85min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Martial Arts

307 407 507 521

6.00 AM **Zu: Warriors from the Magic Mountain** Fantasy. (1982, PG, 95min) ★★★★
7.50 **The Killer** As 5.50pm.
10.00 **Jackie Chan's Police Story**
11.45 **Jackie Chan's Police Story 2**
1.50 PM **Police Story 3: Supercop**
3.40 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
5.50 **The Killer** Action thriller starring Nathalie Emmanuel. (2024, 15, 126min) ★★★★

8.00 Crouching Tiger, Hidden...

8.00 **Crouching Tiger, Hidden Dragon** Ang Lee's period adventure starring Chow Yun-Fat. In early 19th-century China, the destinies of two pairs of lovers become entwined by the theft of an ancient sword. Subtitled. (2000, 12, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

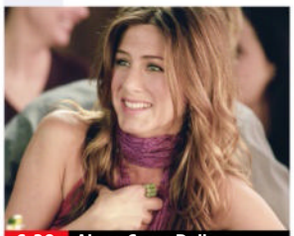
10.00 **Jackie Chan's Police Story** Hong Kong martial arts comedy thriller with Jackie Chan. Dubbed. (1985, 15, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Jackie Chan's Police Story 2** Hong Kong martial arts comedy thriller sequel. Dubbed. (1988, 15, 91min) ★★★
1.50 AM **Police Story 3: Supercop** Hong Kong action thriller sequel. (1992, 15, 91min) ★★
3.30 **Twilight of the Warriors: Walled In** Hong Kong thriller. (2024, 15, 126min) ★★★
5.40 **to 7.25** AM **King of Killers** Action thriller starring Frank Grillo. (2023, 15, 92min) ★

Sky Cinema Comedy

308 408 508 522

6.55 AM **David Brent: Life on the Road** Comedy. (2016, 15) ★★
8.45 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
10.35 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★
12.35 PM **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
2.35 **The Accidental Husband**
4.20 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
6.20 **Along Came Polly** Comedy. (2003, 12, 90min) ★★★



6.20 Along Came Polly

8.00 **The Accidental Husband** Comedy starring Uma Thurman, Colin Firth and Jeffrey Dean Morgan. On the eve of her wedding, a radio love expert discovers she is already married. (2008, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

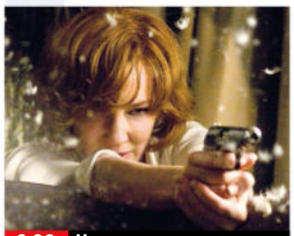
9.45 **Everybody Wants Some!!** Director Richard Linklater's comedy starring Blake Jenner. College baseball players enjoy a raucous weekend while preparing to start university in 1980. (2016, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy with Ben Marshall. (2023, 15, 93min) ★★★
1.35 AM **The Edge of Seventeen** Coming-of-age comedy drama. (2016, 15, 104min) ★★★★
3.35 **Along Came Polly** (2003)
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 409 509 523

7.30 AM **Vertigo** As 3.45pm.
9.45 **Hanna** As 6.00pm.
11.45 **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★★
1.45 PM **The Equalizer 3** Thriller sequel with Denzel Washington. (2023, 15, 109min) ★★★
3.45 **Vertigo** Vintage Hitchcock thriller starring James Stewart. (1958, PG, 128min) ★★★★★
6.00 **Hanna** Action thriller starring Saoirse Ronan and Eric Bana. (2011, 12, 106min) ★★★★



6.00 Hanna

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia, Matt Damon and Elliott Gould. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Fight or Flight** Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Breakdown** Thriller. (1997, 15, 94min) ★★★★
1.55 **Machete** Action thriller. (2010, 18, 104min) ★★★
3.50 **to 6.10** AM **Chinatown** Roman Polanski's thriller. (1974, 15, 131min) ★★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Barnacle Bill** Comedy. (1957, b/w, U, 87min) ★★★
12.45 PM **Hell is a City** Thriller. (1959, b/w, PG, 100min) ★★★
2.35 **Roman Holiday** Vintage romantic comedy. (1953, b/w, U, 118min) ★★★★★
4.55 **Destroyer** War drama. (1943, b/w, U, 99min) ★★
7.00 **Daddy's Home 2** Comedy sequel starring Will Ferrell. (2017, 12, 100min) ★★★

9.00 The Last Duel

Daddy's Home 2 (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Last Duel** Director Ridley Scott's epic drama starring Adam Driver, Jodie Comer and Matt Damon. King Charles VI declares that Knight Jean de Carrouges settle his dispute with his squire by challenging him to a duel. (2021, 18, 152min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

12.05 AM **Filth** Dark comedy based on the novel by Irvine Welsh, starring James McAvoy. A corrupt Edinburgh police detective's mind unravels as he angles for a promotion. (2013, 18, 95min) ★★★★
2.00 **to 3.55** AM **Honey Boy** Drama written by and starring Shia LaBeouf. (2019, 15, 94min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Ultimate Action

302 402 502 516

6.20 AM **The Cinema List: Payback**
6.40 **Pompeii** As shown at 12.30am.
8.35 **300** Historical adventure. (2006, 15, 116min) ★★★★
10.35 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★★
12.25 PM **Sisu** Action thriller. (2022, 15, 88min) ★★★
2.00 **Kick-Ass 2** Comic-book thriller sequel. (2013, 15, 99min) ★★★
3.50 **Fast & Furious 5** Action thriller sequel. (2011, 12, 130min) ★★★
6.05 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
8.00 **Mad Max: Fury Road** Sci-fi thriller with Tom Hardy, Charlize Theron and Nicholas Hoult. (2015, 15, 120min) ★★★★★
10.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy, Chris Hemsworth and Tom Burke. (2024, 15, 148min) ★★★★
12.30 AM **Pompeii** Roman-era disaster movie starring Kit Harington and Emily Browning. (2014, 12, 104min) ★★
2.20 **Kick-Ass 2** As 2.00pm.
4.10 **to 6.00** AM **Rampage** Fantasy adventure with Dwayne Johnson. (2018, 12, 107min) ★★★

Sky Cinema Award Winners

304 404 504 518

7.10 AM **The Cinema List: Women Oscar Winners**
7.25 **Love Story** As 2.45am.
9.10 **The Danish Girl** As 12.45am.
11.10 **Lost in Translation** As 8.00pm.
12.55 PM **Gravity** Thriller with Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
2.30 **Inception** Sci-fi mystery thriller starring Leonardo DiCaprio. (2010, 12, 148min) ★★★★★
5.00 **Oppenheimer** Biopic starring Cillian Murphy Robert Downey Jr. (2022, 15, 180min) ★★★★★
8.00 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
9.45 **The Wolf of Wall Street** Fact-based drama starring Leonardo DiCaprio and Jonah Hill. (2013, 18, 176min) ★★★★
12.45 AM **The Danish Girl** Period drama with Eddie Redmayne. (2015, 15, 117min) ★★★
2.45 **Love Story** Romantic drama. (1970, PG, 100min) ★★★★
4.30 **to 6.15** AM **After Yang** Sci-fi drama starring Colin Farrell. (2022, PG, 96min) ★★★★

Sky Cinema Animation

305 412 500 514

7.25 AM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
9.20 **Hotel Transylvania 3: Summer Vacation** As shown at 5.30pm.
11.05 **Home** Animated adventure. (2014, U, 94min) ★★★
12.45 PM **Pil's Adventures** As 9.35pm.
2.25 **Mummies** Animated comedy. (2023, U, 88min) ★★★
4.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
5.30 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
7.15 **Spider-Man: Across the Spider-Verse** Animation with the voice of Shameik Moore. (2023, PG, 140min) ★★★★
9.35 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
11.10 **Maya the Bee** Animated adventure. (2014, U, 86min) ★★
12.45 AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★
2.10 **Tom and Jerry: A Nutcracker Tale** Animated adventure. (2007, U, 47min) ★★★
3.10 **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) ★★★
4.45 **to 6.40** AM **Deep Sea** Animation. (2023, PG) ★★★

Movies 24

312 419

7.00 AM **Planning on Forever** Romantic comedy drama. (2022, PG, 89min) ★★
9.00 **Field Day** Comedy with Rachel Boston. (2023, PG, 84min) ★★
11.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
1.00 PM **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
3.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
5.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
7.00 **Betty's Bad Luck In Love** Romantic comedy starring Laci J Mailey. (2024, PG, 84min) ★★
9.00 **Heart of the Manor** Romantic comedy starring Ashlynn Yennie and Ross Jirgl. A real-estate agent finds herself in competition with a developer who wants to buy her family's historic estate. (2021, PG, 85min) ★★
11.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
1.00 AM **Pumpkin Everything** Romantic comedy drama. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **When Love Springs** Romantic comedy. (2023, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Bulldog Drummond in Africa** Mystery drama. (1938, b/w, U, 58min) ★★★
7.10 **Life in Danger** Thriller. (1960, b/w, 15, 63min) ★★
8.25 **River Beat** Crime thriller. (1954, b/w, U, 70min) ★★
9.45 **Colonel March Investigates** Triple bill of the detective drama.
11.05 **The Big Trees** Action drama. (1952, U, 89min) ★★★
12.55 PM **The Bigamist** Melodrama. (1953, b/w, PG, 80min) ★★★
2.30 **The Angry Silence** Drama. (1959, b/w, PG, 95min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 3/39. (S1)
5.30 **Dixon of Dock Green** (S20)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 10/13. (S5)
9.05 **School for Secrets** Peter Ustinov's cinematic tribute to the scientists who invented radar. (1946, b/w, PG, 108min) ★★★
11.10 **Mountains of the Moon** Adventure. (1989, 15) ★★★
1.55 AM **Men in War** War drama. (1956, b/w, PG, 104min) ★★
4.00 **Johnny on the Spot** Crime drama. (1954, U, 72min) ★★★
5.30 **to 6.00** AM **Dangerous Assignment**

MONDAY Sport

Sky Sports Main Event

401 511 501 419 439

- **6.00** AM **Sky Sports News**
- **7.00** **Good Morning Sports Fans**
- **10.00** **The Football Show**
- **11.00** **Ref Watch** Refereeing decisions.
- **12.00** NOON **Lunchtime Live**
- **2.00** PM **LIVE WPL UP Warriorz v Gujarat Giants.** Coverage of the T20 match staged at Ekana Cricket Stadium in Lucknow.
- **5.30** **Sports Centre**
- **7.00** **Sky Sports News**
- **8.00** **LIVE TGL The Bay Golf Club v Los Angeles Golf Club.** Coverage of the 13th match in the team competition staged at Palm Beach Gardens in Florida.
- **10.00** **Behind the Ropes** A look inside the training camps of Natasha Jonas and Lauren Price as the two prepare for an all-British unification fight at the Royal Albert Hall on Friday 7 March.
- **10.30** **Back Pages Tonight** The sports headlines in tomorrow's papers.
- **11.00** **Sky Sports News**
- **12.00** M'T **LIVE TGL New York Golf Club v Boston Common Golf.** Coverage of the 14th match in the team competition staged at Palm Beach Gardens in Florida.
- **2.00** **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

- **6.00** AM **PL Greatest Games**
- **7.00** **Premier League Legends**
- **8.00** **Premier League Best Goals**
- **9.00** **Premier League 100 Club**
- **10.00** **The Football Show**
- **11.00** **Ref Watch** Refereeing decisions.
- **12.00** NOON **The Football Show**
- **1.00** PM **Premier League Years**
- **3.00** **PL Retro** A replay of Liverpool v Manchester City from 2018.
- **5.00** **Premier League Best Goals**
- **6.00** **Premier League 100 Club**
- **6.30** **Premier League 100: David James** The former goalkeeper takes a look back at his career.
- **7.00** **Unpacked** Pep Guardiola. **7.15** Questions for Arne Slot. **7.30** With Marc Cucurella. **7.45** Questions for Mikel Arteta.
- **8.00** **Tony Collins: Football's Master Spy** Sports documentary.
- **8.30** **David James: The One and Only** The look at the past, present and future of goalkeeping.
- **10.00** **Premier League Icons**
- **11.00** **Premier League Years**
- **1.00** AM **PL Retro** Birmingham City v Aston Villa from 2002.
- **3.00** **PL Greatest Games**
- **4.00** **Premier League Best Goals**
- **5.30** **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

- **6.00** AM **EFL Cup** The 2019 final.
- **8.45** **EFL Greatest Games**
- **9.00** **Scottish Premiership Round-Up**
- **9.15** **SPFL Highlights**
- **9.45** **EFL Greatest Games**
- **10.00** **EFL Cup Highlights**
- **11.00** **Best Scottish Premiership Goals 2014/15** Highlights.
- **11.30** **Best Scottish Premiership Goals 2021/22** Archive action.
- **12.00** NOON **SPFL** Another chance to see Hibernian v Hearts.
- **2.00** PM **EFL Highlights**
- **3.15** **Scottish Premiership Round-Up**
- **3.30** **SPFL Highlights**
- **4.00** **WSL** Arsenal v West Ham United.
- **4.30** **EFL Highlights**
- **5.30** **Scottish Premiership Round-Up**
- **5.45** **SPFL Highlights**
- **6.15** **EFL Highlights**
- **6.30** **Bundesliga Highlights Show**
- **7.30** **WSL** Highlights from Brighton & Hove Albion v Chelsea. **8.00** Arsenal v West Ham United.
- **8.30** **Scottish Premiership Round-Up**
- **8.45** **SPFL Highlights**
- **9.15** **EFL Highlights** Championship.
- **10.30** **Bundesliga Highlights Show**
- **11.30** **EFL Greatest Games**
- **12.00** M'T **EFL** The 2013/14 play-offs.
- **3.00** AM **EFL Greatest Games**
- **4.00** **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

- **6.00** AM **WPL** Highlights from Delhi Capitals v Mumbai Indians.
- **7.00** **ICC Champions Trophy Cricket** A look back at the 2017 event. **8.00** Australia v England.
- **9.00** **ICC Men's Cricket World Cup 2023 – Made In India** A look at India's passion for cricket.
- **10.30** **Best of ICC WT20**
- **11.00** **WPL** Royal Challengers Bengaluru v Gujarat Giants. **12.00** NOON Highlights of Delhi Capitals v Mumbai Indians. **12.55** PM Royal Challengers Bengaluru v Delhi Capitals.
- **1.50** **LIVE WPL UP Warriorz v Gujarat Giants.** Coverage from Ekana Cricket Stadium, Lucknow.
- **5.30** **Best of ICC WT20**
- **6.00** **ICC Champions Trophy Cricket** India v New Zealand in Group A. **7.00** Afghanistan v England.
- **8.00** **WPL** UP Warriorz v Gujarat Giants.
- **9.00** **ICC Champions Trophy Cricket** South Africa v England in Karachi.
- **10.00** **WPL** UP Warriorz v Gujarat Giants.
- **11.00** **ICC Champions Trophy Cricket**
- **1.00** AM **WPL** Another chance to see UP Warriorz v Gujarat Giants.
- **4.40** **Ashes Greats** Action from 2001.
- **5.00** **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

- **6.00** AM **DP World Tour Golf**
- **11.00** **PGA Tour Golf** Recent action.
- **4.00** PM **Icons Series Golf**
- **7.00** **Golf's Greatest Holes**
- **7.30** **Ryder Cup Memories**
- **8.00** **LIVE TGL The Bay Golf Club v Los Angeles Golf Club.** From Palm Beach Gardens in Florida.
- **10.00** **PGA Tour Golf** Cognizant Classic.
- **11.00** **DP World Tour Golf**
- **11.30** **Ryder Cup Memories**
- **12.00** M'T **LIVE TGL New York Golf Club v Boston Common Golf.** Coverage of the match staged at Palm Beach Gardens in Florida.
- **2.00** AM **PGA Tour Golf**
- **3.00** **DP World Tour Golf**
- **3.30** **Ryder Cup Memories**
- **4.00** **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

- **6.00** AM **ATP Tennis** Santiago Open.
- **8.00** **WTA Tennis** Merida Open final.
- **10.00** **ATP Tennis** Dubai Championships. **11.00** Acapulco Open final.
- **12.00** NOON **WTA Tennis** Texas Open.
- **2.00** PM **ATP Tennis** Santiago Open. **4.00** Dubai Championships final.
- **5.00** **WTA All Access**
- **5.30** **Tennis** Reviews of the 2024 WTA and ATP Indian Wells Open.
- **7.00** **WTA Tennis** Texas Open final.
- **8.00** **ATP Tennis** Santiago Open final.
- **9.00** **WTA Tennis** Merida Open final.
- **10.00** **WTA Tennis** Indian Wells Open.
- **11.00** **ATP Tennis** Indian Wells Open.
- **12.00** M'T **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

- **6.00** AM **Premier League Review**
- **7.00** **Premier League: Big Interview**
- **7.30** **Premier League Stories**
- **8.00** **UEFA Europa League & Conference League Magazine**
- **9.00** **Serie A** Action from Italy.
- **11.00** **LIVE Ski Mountaineering** Coverage of the mixed relay race staged in Morgins, Switzerland.
- **12.00** NOON **UEFA Champions League Magazine**
- **12.30** PM **NBA on Fire** The latest news.
- **1.00** **NBA** Another chance of Boston Celtics v Denver Nuggets.
- **2.30** **Premier League Netbusters**
- **3.00** **Premier League Stories**
- **3.30** **Champions League Magazine**
- **4.00** **Snooker World Open** Highlights from the final in Yushan, China.
- **6.00** **LIVE Ultimate Pool** Group Nine of the Champions League.
- **9.30** **Fight Week** Preview of UFC 313.
- **10.00** **Fight Night Live** A replay of Ryan Garner v Salvador Jimenez.
- **12.00** M'T **Between the Lines**
- **12.30** **to 6.00** AM **LIVE Women's One-Day International Cricket New Zealand v Sri Lanka.** Coverage of the first ODI in the three-match series staged at McLean Park in Napier.

TNT Sports 2

411 871 528 409 431

- **6.00** AM **MotoGP** Highlights from the Grand Prix of Thailand.
- **9.30** **MotoGP Chequered Flag**
- **10.30** **Motocross World Championship** Action from Villa La Angostura.
- **2.30** PM **Men's Cycling Pro Series** Action from the Kuurne-Brussels-Kuurne staged in Belgium.
- **3.30** **Cycling** Action from the Omloop Het Nieuwsblad in Belgium.
- **4.30** **Cycling** Action from the Omloop Het Nieuwsblad in Belgium.
- **5.30** **Premiership Rugby Cup** Action from Bath v Harlequins.
- **6.30** **UEFA Europa League & Conference League Magazine**
- **7.30** **Premier League Review**
- **8.30** **Ski Mountaineering** Highlights from Morgins in Switzerland.
- **9.00** **Fishing: On the Bank**
- **10.00** **Champions League Magazine**
- **10.30** **UEFA Europa League & Conference League Magazine**
- **11.30** **UFC** Another chance to see Manuel Kape v Asu Almabayev.
- **2.30** AM **Fight Week** UFC 313.
- **3.00** **Snooker World Open**
- **5.00** **to 6.00** AM **LIVE Snooker World Grand Prix** Coverage from the first session of the first round at Kai Tak Sports Park.

Sky Sports Action

408 517 507 426 446

- **6.00** AM **Super League Highlights**
- **7.00** **Fight Night International**
- **9.00** **Super League Highlights**
- **10.00** **Fight Night International**
- **12.00** NOON **Super League Highlights** Top-flight action.
- **1.00** PM **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
- **3.00** **Fight Night International** A replay of Denys Berinchyk v Keyshawn Davis in New York.
- **4.00** **Super League Highlights** Action from the top-flight.
- **5.00** **Top Rank Boxing Archive** A chance to see Erik Morales v Marco Barrera from 2000.
- **6.15** **Super League** A replay of Wigan Warriors v Warrington Wolves at Allegiant Stadium in Las Vegas.
- **9.00** **Fight Night International** Caroline Dubois v Magali Rodriguez from September 2023.
- **10.00** **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
- **12.00** M'T **Top Rank Boxing Archive**
- **2.15** AM **Super League Highlights**
- **3.15** **Top Rank Boxing Archive**
- **4.00** **Super League Highlights**
- **5.00** **to 6.00** AM **Top Rank Boxing**

Sky Sports Sky Sports+

412 518 508 427 447

- **6.00** AM **Sky Sports News**
- **7.00** **Good Morning Sports Fans**
- **10.00** **The Football Show**
- **11.00** **Ref Watch** The team analyse some of the big refereeing decisions from the weekend.
- **12.00** NOON **The Football Show**
- **1.00** PM **Lunchtime Live**
- **2.00** **Sports Desk** Sports news updates and live expert analysis.
- **5.00** **Sports Centre** The day' sports news with analysis and comments.
- **7.00** **Sky Sports News** Up-to-the-minute sports news and analysis.
- **10.30** **Back Pages Tonight** Featuring a look at the sports headlines in tomorrow's newspapers.
- **11.00** **Sky Sports News** Round-up of all the day's main sports news.
- **1.00** AM **Premier League Darts** Another chance to see night four of the tournament at Westpoint Arena in Exeter with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals were Michael van Gerwen v Rob Cross, Gerwyn Price v Luke Humphries, Chris Dobey v Nathan Aspinall and Stephen Bunting v Luke Littler.
- **5.00** **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

- **6.00** AM **Super League**
- **9.00** **Girlz Are Playaz Too**
- **9.30** **The Gloves Are Off**
- **10.00** **Behind the Ropes**
- **10.30** **WTA Tennis** Recent action.
- **11.00** **WPL** Highlights from India.
- **12.00** NOON **Super League**
- **3.00** PM **Fight Night** A bout replay.
- **4.00** **Girlz Are Playaz Too**
- **4.30** **The Gloves Are Off**
- **5.00** **Behind the Ropes**
- **5.30** **Women's State of Origin**
- **6.30** **WTA Tennis** Dubai Championships.
- **7.00** **WPL** Highlights from India.
- **8.00** **Girlz Are Playaz Too**
- **8.30** **The Gloves Are Off**
- **9.00** **Behind the Ropes**
- **9.30** **ATP Tennis** Recent finals.
- **11.30** **Women's State of Origin**
- **12.30** AM **Girlz Are Playaz Too**
- **1.00** **The Gloves Are Off**
- **1.30** **Behind the Ropes**
- **2.00** **WPL** UP Warriorz v Gujarat Giants.
- **3.00** **ICC Champions Trophy Cricket**
- **4.00** **WTA Tennis** Recent action.
- **4.30** **Girlz Are Playaz Too**
- **5.00** **The Gloves Are Off**
- **5.30** **to 6.00** AM **Behind the Ropes**

TNT Sports 3

413 874 529 410 432

- **6.00** AM **A-League** Recent action.
- **12.00** NOON **Snooker World Open** Action from the final in China.
- **2.00** PM **World Seniors Darts Championships**
- **4.00** **Serie A** Action from Italy.
- **6.00** **MotoGP** Action from the Moto3 Grand Prix of Thailand. **7.00** Featuring highlights of the Moto2 Grand Prix of Thailand. **8.00** Highlights from the Grand Prix of Thailand sprint race. **8.30** Highlights from the MotoGP Grand Prix of Thailand.
- **9.30** **MotoGP Chequered Flag** Post-race show featuring analysis and interviews with the key riders.
- **10.30** **NBA on Fire** The latest news.
- **11.00** **NBA** Another chance to see Boston Celtics v Denver Nuggets.
- **12.30** AM **NBA Action** Highlights.
- **1.00** **Formula E Unplugged**
- **1.30** **Formula E Flashback**
- **2.00** **to 6.00** AM **Motocross World Championship**

TNT Sports 4

414 876 530 411 434

- **6.00** AM **Alpine Skiing**
- **9.30** **Ski Jumping** In Trondheim.
- **10.30** **Premiership Women's Rugby**
- **12.30** PM **Premiership Rugby Cup** Action from Bath v Harlequins.
- **1.30** **Fight Night Live** A chance to see Ryan Garner v Salvador Jimenez.
- **3.30** **Alpine Skiing** Action from Kranjska Gora in Slovenia.
- **5.30** **Marathons** Tokyo Marathon.
- **6.30** **NBA** Another chance to see Boston Celtics v Denver Nuggets.
- **8.00** **Snooker World Open** Action from this year's final at the Yushan Sport Centre in China.
- **10.00** **Men's Cycling Pro Series** Action from the Kuurne-Brussels-Kuurne staged in Belgium.
- **11.00** **Cycling** The Men's Omloop Het Nieuwsblad staged in Belgium.
- **12.00** M'T **Cycling** Women's Omloop Het Nieuwsblad in Belgium.
- **1.00** AM **Ski Mountaineering**
- **1.30** **Alpine Skiing** Recent action.
- **5.00** **to 6.00** AM **Ski Jumping**

Premier Sports 1

419 551

- **6.00** AM **Nitrocross Highlights**
- **8.00** **European Le Mans MotorSport**
- **9.00** **Transworld Sport** Magazine.
- **10.00** **Asian Le Mans Series**
- **11.00** **DTM Highlights**
- **12.00** NOON **World Surf League**
- **12.30** PM **Downhill Skateboarding**
- **1.30** **NHL on the Fly** The latest news.
- **2.00** **LaLiga News**
- **2.30** **Sporting Greats**
- **3.00** **Transworld Sport** Magazine.
- **4.00** **LaLiga Highlights**
- **5.00** **Asian Le Mans Series**
- **6.00** **Viva LaLiga** The latest news.
- **7.30** **LIVE LaLiga Villarreal v Espanyol.** From Estadio de la Ceramica. Kick-off **8.00pm**.
- **10.30** **Michelin Le Mans Cup**
- **11.00** **LaLiga Highlights**
- **12.00** M'T **LIVE NHL Ice Hockey New York Rangers v New York Islanders.** Face-off **12.00m't**.
- **3.00** AM **NHL: This is Hockey**
- **3.30** **Jordan Half Marathon**
- **4.00** **to 6.00** AM **URC in 60**

Premier Sports 2

420 552

- **6.00** AM **NASCAR Xfinity Series**
- **9.00** **Bike World** Magazine.
- **9.30** **Temples of Sport**
- **10.00** **NHL Ice Hockey** Pittsburgh Penguins v Toronto Maple Leafs.
- **12.00** NOON **Football's Greatest**
- **12.30** PM **United Rugby Championship** A replay of Munster v Edinburgh.
- **2.30** **LaLiga** Barcelona v Real Sociedad.
- **4.30** **Football's Greatest**
- **5.00** **United Rugby Championship** Glasgow Warriors v Ospreys.
- **7.00** **LaLiga** Real Betis v Real Madrid.
- **9.00** **URC in 60** Highlights from the United Rugby Championship.
- **10.00** **Elite Ice Hockey League** Glasgow Clan v Cardiff Devils.
- **12.00** M'T **LIVE NHL Ice Hockey Florida Panthers v Tampa Bay Lightning.** The Eastern Conference match from Amerant Bank Arena. Face-off **12.00m't**.
- **3.00** AM **Temples of Sport**
- **4.00** **to 6.00** AM **United Rugby Championship**

Sky Sports F1

406 516 506 424 444

- **6.00** AM **Testing Wrap** From Bahrain.
- **6.30** **Ted's Notebook**
- **7.30** **F1 Show 2024 Season Review**
- **9.00** **Ted Drives: F1 Car**
- **9.15** **Formula 1** Day one of testing.
- **1.30** PM **Ted Drives: F1 Car**
- **1.45** **Nicolas Hamilton: My Story**
- **1.55** **F1 Explained – Weather Radar**
- **2.00** **Formula 1** Action from Bahrain.
- **6.10** **Lando, Art and Perspective**
- **6.20** **Ted and Movie Star Brad Pitt**
- **6.30** **Testing Wrap** Review of testing.
- **7.00** **Ted's Notebook**
- **7.30** **Formula 1** Season highlights.
- **8.00** **Testing Wrap** From Bahrain.
- **8.30** **Ted's Notebook**
- **9.00** **F1 Show 2024 Season Review**
- **10.30** **Reliving 2015** Australian GP.
- **12.35** AM **Ted Drives: F1 Car**
- **12.50** **Lewis Looks Back on 2014**
- **1.00** **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

Tuesday

4 March

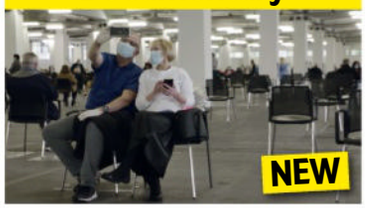
Evening Planner

Tuesday

Football

Champions League
TNT Sports,
The competition continues tonight and tomorrow with the last 16 teams in action, including Aston Villa and Arsenal.

Documentary



The Covid Queue at Pavillion 6
BBC4, 10pm
Filmed at a vaccination centre in Croatia, this is a stark reminder of a unique time.

OnDemand

prime

Fear
Available today
Thriller staring Martin Compston and Anjli Mohindra as a couple pushed to breaking point when one is accused of abuse.

OnDemand

NETFLIX

With Love, Meghan
Available today
Meghan Markle, Duchess of Sussex, offers tips on cooking, gardening and hosting from a Montecito estate.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Waterloo Road		10.00 News; Local News	10.40 Crime...
	102 BBC2	7.00 Villages by the...	7.30 Mary Berry's...	8.00 Great British Menu		9.00 QI XL	9.45 David Mitchell's Outsiders		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 The Martin Lewis Money Show: Live		9.00 The Bay		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Dispatches: Skinny Jab Scandal		9.00 Top Guns: Inside the RAF		10.00 Seeking Satoshi: The Mystery Bitcoin...	
	105 CHANNEL 5	7.00 Doorstep Scammers: Don't Get...		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 A Killer Makes a Call	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City		9.00 Rewriting Trump			
ENTERTAINMENT	115 BBC3	7.10 Top Gear			8.15 Ghosts US	9.00 The Insider: Reggie Yates in...	9.50 Film: Sicario		
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Going Straight	8.30 As Time Goes By	9.00 Royal History's Biggest Fibs with Lucy...		10.00 Storyville: The Covid Queue at...	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.05 The Sex Lives of College Girls	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 PopMaster TV		10.00 Perfect Pub Walks with Bill Bailey	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Married at First Sight Australia			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Matlock		9.00 The Cleaning Lady		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 Mussolini: Son of the Century		10.00 Homicide: Life on the Street	
	110 U&GOLD	7.00 Still Open All Hours	7.40 Dad's Army			9.00 Gavin & Stacey			10.20 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	7.00 The Motorbike Show		8.00 Monster Carp		9.00 Giant Lobster Hunters		10.00 Film: Olympus Has Fallen	
	112 COMEDY CENTRAL	◂ 6.50 Friends				9.00 Jack Whitehall Live		10.00 Film: Keanu	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad		9.00 Film: David Brent: Life on the Road			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Dickens: Phantoms and Fictions		9.00 Film: National Theatre Live: Frankenstein			
	132 U&W	7.00 MasterChef USA		8.00 Brit Cops Down Under		9.00 Border Force: America's Gatekeepers		10.00 At Home with Katherine Ryan	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Gold Rush		10.00 Harpoon Hunters	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 The Zoo				10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Fall of Hitler				10.00 World War II: Secrets from Above	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 UFOs: The Lost Evidence		9.00 Kursk: 10 Days That Shaped Putin		10.00 Truthseekers	
	155 U&YESTERDAY	7.00 The Boat That Guy Built		8.00 Robson's Extreme Fishing Challenge		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 David Frost Vs		9.00 Rewriting Trump			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.50 Rob Peace		8.00 Fight or Flight			9.45 The Watched		
	302 ULTIMATE ACTION	◂ 6.00 The Meg		8.00 Meg 2: The Trench				10.00 Fight or Flight	
	303 HITS	◂ 6.15 The Scorpion King		8.00 Captain Phillips					10.20 Black Hawk Down
	304 WOMEN IN FILM	◂ 6.00 Promising Young Woman		8.00 Furiosa: A Mad Max Saga					10.30 A Quiet Place...
	305 ANIMATION	7.10 Storks			8.45 Surf's Up			10.15 Under the Boardwalk	
	306 KIDS BOOKS	◂ 5.55 The Spiderwick Chronicles	7.45 The NeverEnding Story				9.35 Dr Seuss' The Lorax		
	307 MARTIAL ARTS	◂ 5.55 Crouching Tiger, Hidden Dragon		8.00 Hero			9.45 Twilight of the Warriors: Walled In		
	308 COMEDY	◂ 5.50 The Terminal		8.00 This Is 40				10.15 Knocked Up	
	309 THRILLER	◂ 5.55 Nightcrawler		8.00 Ocean's Twelve				10.10 Chinatown	
	310 DRAMA	◂ 6.25 Speak Like a Child		7.55 Bob Marley: One Love			9.50 The Color Purple		
	311 SCI-FI	◂ 6.15 The Woman in Black		8.00 Dune: Part Two					
	313 FILM4	◂ 6.20 The Hunt for Red October				9.00 Morbius			
SPORT	401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Wycombe Wanderers v Burton Albion (Kick-off 8.00)						10.30 Game On...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 PL Icons
	403 FOOTBALL	7.00 SPFL Highlights	7.30 EFL – Live: Wycombe Wanderers v Burton Albion (Kick-off 8.00)						10.30 Scottish...
	404 CRICKET	7.00 ICC Champions Trophy Cricket						10.00 IPL	
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Coverage of a last-16 first-leg match							
	411 TNT SPORTS 2	◂ 5.30 UEFA Champions League – Live: Coverage of two last-16 matches						10.00 1967: When...	10.30 PL Stories

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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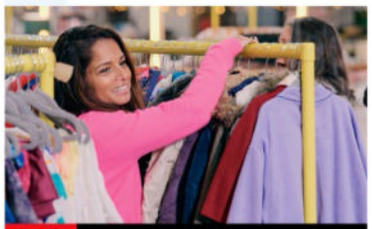
Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team declutter a flat. (S)
2.30 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** New edition From south Wales. (S)
3.45 **Make It at Market** New edition Leatherwork and jewellery (S)
4.30 **Antiques Road Trip** New edition Tahmina Ghaffar and David Harper head to the north east. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



8.00 Sort Your Life Out

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** A medical emergency prompts more questions than answers, while Kat and Alfie try to rebuild their family. (S)(AD)

8.00 **Sort Your Life Out with Stacey Solomon** New edition 4/7. The Jamieson family from East Sussex enlist the help of Stacey and the team as they endeavour to declutter the home that's been in their family for 40 years. (S)(AD)

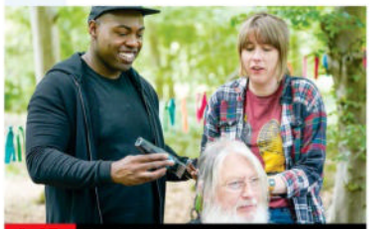
9.00 **Waterloo Road** New episode 4/8. Donte's attempts to support Ashton end up leaving him chaperoning Nisha's mathlympics trip, while Jared's manipulation pushes Libby into crisis. (S15) (S)(AD) ■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **The Crime I Can't Forget** 1/6. On 19 May 2002, 34-year-old Paul Gault was found dead in his home in Lisburn, where he lived with his wife, Lesley, and their five-year-old triplets. Two decades on, Jonathan Gault sheds light on the impact his father's murder had on his life and the frustration he feels toward those who doubted him. (S)(AD)
11.40 **The Traitors US** 9/12. A tense rivalry reaches a head. (S)(R)
12.40 AM 10/12. A mission offers the chance to gain power. (S)(R)
1.45 **Weather for the Week Ahead** (S)
1.50 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Escape to the Country** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Winterwatch** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **The Farmers' Country Showdown** The British Farming Awards. (S)(R)
3.45 **The Great Rift: Africa's Wild Heart** Documentary. (S)(R)(AD)
4.45 **Designing the Hebrides** (S)(R)(AD)
5.15 **Flog It!** From Cornwall. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Jimi Famurewa, Harriet Kemsley, Colin Murray and Sara Pascoe. (S)
6.30 **Robson Green's Weekend Escapes** Melanie Hill joins Robson to explore Weardale and Teesdale. (S)(R)(AD)



9.45 David Mitchell's Outsiders

7.00 **Villages by the Sea** Ben Robinson unearths the ancient history of Greyabbey on Strangford Loch. (S)(R)
7.30 **Mary Berry's Simple Comforts** 3/6. A series of recipes inspired by Ireland. (S)(R)(AD)

8.00 **Great British Menu** New edition Four chefs compete for central and eastern England with canapes, starters and fish dishes inspired by great Britons of the past. With judge Tommy Banks. (S) ■ Continues tomorrow

9.00 **QI XL** *United:* Host Sandi Toksvig and regular panellist Alan Davies are joined by guests Bill Bailey, Nabil Abdulrashid and Victoria Coren Mitchell. (S)(R)
9.45 **David Mitchell's Outsiders** 5/6. The Outsiders must put their fashion skills to the test and sell their vision of a Utopian society to a bemused newcomer. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Coriolanus** Screen version of Shakespeare's play, directed by and starring Ralph Fiennes. In a warlike European city in the present day, an upper-class general makes enemies at home while winning battles abroad. With Gerard Butler and Vanessa Redgrave. (S)(AD) (2011, 15, 115min) ★★★★
1.00 AM **Sign Zone: Dragons' Den** (R)
2.00 **Sign Zone: This Farming Life** (R)
3.00 **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
4.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tour de Fred: Northern Ireland** New edition 2/5. Fred Sirieix tackles a cycling challenge from Castle Ward to Portaferry that combines both land and sea routes, and learns the art of making potato bread. (S)
3.00 **Lingo** Word-based game show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 The Martin Lewis Money Show

7.30 **Emmerdale** Marlon is shocked to find Dylan in the village, Cain and Moira prepare to tell the children about their break-up, while Jacob asks a favour. (S)(AD)

8.00 **The Martin Lewis Money Show: Live** New edition The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further. (S)

9.00 **The Bay** New episode 3/6. Craig's lies begin to unravel when he tries to explain his whereabouts on the night of Hannah's death, and Karen's conduct at a vigil is questioned. (S5) (S)(AD) ■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Murder of Logan Mwangi** Examining the murder of five-year-old Logan Mwangi, whose body was found dumped in a river just yards from his home in south Wales. (S)(R)
11.40 **Heathrow: Britain's Busiest Airport** 5/12. Cameras follow a new member of the Passenger Experience Manager Team. (S)(R)
12.05 AM **Teleshopping**
3.00 **Ainsley's National Trust Cook Off** 7/10. With Daniel Galmiche and Ruby Bhogal. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de Fred: Northern Ireland** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 17-19/25. (S3) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 18-21/24. (S9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Massachusetts. (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** A fire door threatens the launch of a restaurant in France. (S)(R)
5.00 **Four in a Bed** New edition The week's second visit is to Devon Heaven Hideaways. (S)
5.30 **Come Dine with Me** New edition Finance worker Andrea throws a Belfast-themed party. (S)
6.00 **A Place in the Sun** New edition Jasmine Harman helps a couple to find a holiday home in Tuscany. (S)

10.00 Seeking Satoshi

7.00 **News** (S)

8.00 NEW **Dispatches: Skinny Jab Scandal** Ellie Flynn looks into the popularity of weight-loss injections and asks whether profits are being prioritised over patient safety. (S)(AD)

9.00 **Top Guns: Inside the RAF** New edition 5/6. The RAF struggle to keep their new jet under wraps from aviation fans across the UK, and a pilot vies for promotion before his impending wedding. (S)(AD) ■ Entire series on C4 online

10.00 NEW SERIES **Seeking Satoshi: The Mystery Bitcoin Creator** 1/2. Gabriel Gatehouse searches for the creator of Bitcoin, potentially one of the richest people on the planet. (S)(AD) ■ Concludes tomorrow
11.15 NEW **No Other Land** Oscar-nominated documentary offering an insider's view of the Palestinian-Israeli conflict. (S)
12.50 AM **999: On the Front Line** (S)(R)
1.45 **Ramsay's Hotel Hell** An allegedly haunted New York hotel. (S)(SL)(R)
2.35 **The Last Leg** (S)(SL)(R)
3.30 **The Great Pottery Throw Down**
4.35 **Jamie's One-Pan Wonders** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

7 PM
8 PM
9 PM
10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Medical documentary. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **My Husband's Seven Wives** Thriller starring Kristi Murdock. (S) (2024, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following Wigan couple Jane and Andy, who volunteer at a donkey sanctuary. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The Baize Brains take on the quiz experts. (S)(R) **6.30** The Seven Hills Students take part in the quiz. (S)(R)
6.55 **News** (S)

9.00 Ben Fogle: New Lives in the...

7.00 **Doorstep Scammers: Don't Get Caught Out** Alexis Conran explores the growing world of scammers and con artists. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme Hall travels to Essex to help bring peace to a dog-friendly pub, where a Doberman's antisocial behaviour keeps riling up the regulars. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition Ben ventures across the Atlantic to Utah's Canyonlands, where he meets Scott, a man who has built his off-grid home from the ground up. (S)

10.00 **A Killer Makes a Call** New edition 3/6. Investigating the call made by Robert Trigg, who claimed he had woken up to find his partner, Susan Nicholson, in a strange position, believing that she may have suffocated. (S)

11.05 **Cold Case Killers** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 8&9/24. (S1) (S)(R)
3.50 **Million Pound Motorhomes** Cameras follow a couple on a trip to Hastings. (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S2) (S)(R)
11.00 **Super Shark Highway** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *My Mother the Carjacker:* Homer's mother asks for help. Featuring the voice of Glenn Close. (S)(R) **5.30** *Homer Scissorhands:* Homer discovers a talent for styling hair. (S)(R)
6.00 **The Office (US)** 23/24. Robert shuts down the Binghamton branch. (S)(R) **6.30** 24/24. Dwight gives the Scranton branch workers free family portraits. (S8) (S)(R)

9.00 Rewriting Trump

7.00 **The Simpsons** *The President Wore Pearls:* Lisa is elected student president and falls foul of Principal Skinner. (S)(R) **7.30** *The Regina Monologues:* The family take a holiday to London. (S)(R)

8.00 **David Attenborough's Wild City** 1/5. The veteran broadcaster explores the wildlife and unseen natural treasures of Singapore. (S)(R)(AD)

9.00 NEW **Rewriting Trump** Documentary examining the the political career of Donald Trump, who returned to the White House for a second term as President of the United States in January.

11.00 **Kursk: 10 Days That Shaped Putin** 2/2. An explosion onboard a Kursk submarine in the Barents Sea. (S)(R)
12.00 M'T **Brassic** 3/6. Erin attends a disastrous dinner party with Jake's family. (S2) (S)(R)(AD)
1.00 AM **Road Wars** (R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **11.40** Scotcast (S)(R) **12.10am** The Traitors US (S)(R) **2.15** Weather for the Week Ahead (S) **2.20-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm NEW Spotlight: Those Who Want Me Dead (S) **11.30** The Crime I Can't Forget (S)(R)(AD) **12.30am** The Traitors US (S)(R) **1.30** Wynne & Joanna: All at Sea New edition (S) **2.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
9.00pm The One That Got Away New edition (S) **9.50-10.00pm** Blue Planet II: Into the Blue (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00-7.30pm NEW SERIES If Walls Could Talk (S)

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.40** Bridge of Lies (S)(R) **3.25** The Tournament (S)(R) **4.10-4.45** The Farmers' Country Showdown (S)(R) **7.00-7.30** NEW Winterwatch in Wales (S) **9.00** Waterloo Road New episode (S)(AD) **10.00-10.30pm** Rewind: 60 Years of Welsh Pop (S)(R)

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Sain Ffagan **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Yn y Ffram **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn: Yn Ffrainc **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES 24 Awr Newidiodd Gymru **9.45** Y Byd ar Bedwar **10.15** Jess Davies **10.45-11.50pm** Teulu, Dad a Fi (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **The Fast and the Farmer-ish** Teams from England and Wales rev up for a thrilling semi-final.
7.10 **Top Gear** Actor David Tennant takes to the track.
8.10 **The Catch Up**
8.15 **Ghosts US** 15/22. Sam and Jay help Thorfinn create a perfect first date with Flower. **8.40** 16/22. Trevor and Hetty conspire to keep their relationship hidden. (S2)
9.00 **The Insider: Reggie Yates in the Mexican Drug War** 2/2. The presenter joins the soldiers fighting the war against drugs in Acapulco.
9.50 FILM **Sicario** Crime drama starring Emily Blunt, Josh Brolin and Benicio Del Toro.. (2015, 15, 118min) ★★★★
11.45 **Boot Dreams: Now or Never** 4/6. Anton Ferdinand teaches the squad how to psych out opponents.
12.45 AM **Dubai Hustle**
1.45 **Top Gear**
2.45 **Press X on the BBC**
2.55 **to 3.55** AM **Boot Dreams: Now or Never**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** From Burghley House in Lincolnshire.
7.30 **Who Do You Think You Are? USA** Actor Liv Tyler traces her ancestry.
8.00 **Going Straight** Fletch spots a chance to make some easy money.
8.30 **As Time Goes By** The day of the book launch arrives.
9.00 **Royal History's Biggest Fibs with Lucy Worsley** 1/3. Examining how key moments in Britain's history have been manipulated and mythologised.
10.00 NEW **Storyville: The Covid Queue at Pavilion 6** A snapshot of life in a COVID-19 vaccine centre.
11.10 **Toxic Town: The Corby Poisonings** Documentary.
12.10 AM **Pauline Boty: I Am the Sixties**
1.10 **Climbing Great Buildings**
1.40 **Who Do You Think You Are? USA** As 7.30pm.
2.10 **to 3.10** AM **Royal History's Biggest Fibs with Lucy Worsley**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed** Five editions of the B&B challenge.
4.50 **Chateau DIY** Disaster strikes for Janet and Philip.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw enlist the help of actor Roger Moore. **6.55** Restoring a Singer Le Mans sports car for a farmer suffering from dementia.
7.55 **Grand Designs Revisited** Kevin McCloud returns to north Cornwall to see one of his favourite projects, and discover whether Rebecca Sturrock and Gregory Kewish were successful with their ambitious plans.
9.00 **PopMaster TV** New edition 8/9. Ken Bruce hosts the eighth heat, which is the last chance for contestants to secure a place in the Grand Final.
10.00 **Perfect Pub Walks with Bill Bailey** 3/4. Bill and comedian and writer Paul Merton walk the South West Coast Path on Dorset's Jurassic Coast.
11.05 **The Emergency Ward**
12.05 AM **24 Hours in A&E**
2.15 **Emergency Helicopter Medics** Documentary.
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
1.00 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Ste tries to prove that Jez is up to no good.
7.30 **Modern Family** 16/24. Phil and Luke spend some quality time together. (S1)
8.00 **The Simpsons** *The Bart of War:* Bart gets into trouble for vandalism. **8.30** *Moe Baby Blues:* Maggie becomes obsessed with unlikely babysitter Moe.
9.00 **Married at First Sight Australia** New edition Eliot wakes up with a shock change of heart.
10.40 **Gogglebox** Opinions on *The Circle, Naked Attraction* and *Escape from Pretoria.*
11.45 **First Dates**
12.50 AM **Married at First Sight Australia** As 9.00pm.
2.25 **Naked Attraction**
3.20 **Abbott Elementary**
3.45 **The Goldbergs**
4.35 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Tuesday primetime

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **New Amsterdam** 7/13. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S1)
2.00 **Chicago Fire** 7/22. Herrmann attempts to fulfil a man's dying wish. (S11)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare** Six editions of the documentary.

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Matlock** *A Guy Named Greg:* 3/10. Matty's rusty trial skills are put to the test during a wrongful termination case. (S1)

9 PM
9.00 **The Cleaning Lady** *Our Father, Who Art in Vegas:* 7/10. Marco starts asking Thony some tough questions. (S1)

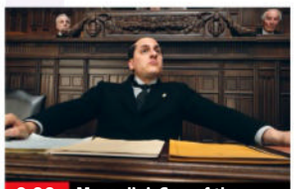
10 PM
10.00 **The Rookie** *End Game:* 11/22. The team rely on a criminal for his expertise to help take down an even bigger threat. (S4)
11.00 **The Rookie** 12/22. (S4)
12.00 M'T **Law & Order: Organized Crime** 16/22. (S2)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **The Equalizer** New episode
3.00 **The Good Doctor** 2/18. (S2)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets** Double bill.
8.05 **True Blood** 4&5/12. (S3)
10.15 **Billions** 11&12/12. (S7)
12.25 PM **Game of Thrones** (S5)
1.30 **Big Love** 2&3/10. (S5)
3.40 **True Blood** 4/12. Werewolf Alcide invites Sookie to join him at a full-moon party. **4.40** 5/12. Tara considers Franklin Mott's offer. (S3)
5.45 **Billions** 11/12. The Prince Cappers' loyalties are tested. **6.50** 12/12. Chuck, Axe and Prince have the ultimate showdown. (S7)


9.00 Mussolini: Son of the...

7.55 **Game of Thrones** *The House of Black and White:* 2/10. Arya arrives in Braavos, Stannis has a proposal for Jon, and Cersei fears for her daughter's safety. (S5)

9.00 **Mussolini: Son of the Century** New episode 5/8. Mussolini plans a new electoral law. Subtitled. (S1)
■ Entire series on Box Sets

10.00 **Homicide: Life on the Street** *A Many Splendoured Thing:* 4/4. Pembleton investigates the death of a phone-sex operator. (S2)
11.00 **Gangs of London** 7/9. The truth about Finn's murder is finally revealed. (S1)
12.05 AM **The Wire** 2/13. Carcetti drops a bombshell. (S4)
1.20 **Mare of Easttown** 2/7. (S1)
2.30 **Game of Thrones** As 7.55pm.
3.40 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Flash** 1/20. (S8)
9.00 **Stargate SG-1** 21&22/22. (S2)
11.00 **Supergirl** 10/20. (S1)
12.00 NOON **The Flash** 2/20. (S8)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 13/20. (S5)
5.00 **Supergirl** 9/20. General Lane tortures Astra as he tries to discover Non's location. (S1)
6.00 **Stargate SG-1** 21/22. O'Neill and the team are propelled back to a top-secret military base in 1969. (S2)

9.00 David Brent: Life on the...

7.00 **Stargate SG-1** *Out of Mind:* 22/22. Part one of two. O'Neill wakes from cryonic suspension. (S2)

8.00 **An Idiot Abroad** 4/8. Karl Pilkington travels to Mexico and immerses himself in the country's culture.

9.00 **FILM David Brent: Life on the Road** Comedy spin-off starring Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Force: Manchester**
12.00 M'T **Brassic** 3/6. (S2)
1.00 AM **Road Wars**
2.00 **NEW SERIES Rob Beckett's Smart TV** With guests Richard Osman, Danny Dyer, Motsi Mabuse and Richard Ayoade.
2.50 **NCIS: Los Angeles** 15/22. (S13)
3.55 **Magnum P.I.** 13/20. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 5/22. Billie puts the sisters in jeopardy. (S8)
4.00 **Gilmore Girls** 4/22. Dean has to share a car with estranged wife Lindsay. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With David James, Chelcee Grimes and Marvin Humes.

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as Craig takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** 2/6. Jimmy Carr and Katherine Ryan try to win money for their chosen charities.

9.00 **Hell's Kitchen** New edition The chefs are challenged to put great burgers together using wild ingredients.

10.05 **The Sex Lives of College Girls** New episode 9/10. Kacey prepares for a date. **10.35** Series finale 10/10. The girls have to stand up for themselves as a protest looms. (S3)
11.25 **Family Guy** 10&5/18. (S5)
12.20 AM **American Dad!** (S2)
1.20 **Bob's Burgers** (S11)
2.15 **The Stand Up Sketch Show**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.35 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Against All Odds.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *The Remorseful Day:* The detective takes on his final case.
5.55 **Heartbeat** *Absent Friends:* Merton organises a search after a farming couple go missing, leaving Jenny and Liz to look after their children.

10.00 Endeavour

6.55 **Heartbeat** *Music of the Spheres:* A violinist staying at Ashfordly Hall plans to perform at the village hall, but disaster strikes.

8.00 **Vera** *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

10.00 **Endeavour** *Icarus:* Morse investigates the disappearance of a teacher from a secretive school, while Thursday is determined to find a link between Eddie Nero and his murder case.
12.00 M'T **Trial & Retribution** 3/10. The detectives investigate the murder of a schoolgirl. (S10)
1.15 AM **Never the Twain**
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **LIVE Sportscene: Championship Football** Airdrieonians v Falkirk: All the action from the second-tier match at Excelsior Stadium. Kick-off is at 7.45.
10.00 **NEW SERIES The Hunt for Peter Tobin** 1/2. The case regarding the sex offender sentenced to life imprisonment for three murders committed between 1991 and 2006.
11.00 **Scotcast** New edition Martin Geissler hosts discussion on Scotland's biggest news stories
11.30 PM **to 12.00** M'T **Dinosaur** 6/6. Evie decides to tell Ranesh the truth just an hour before the wedding, and Nina is offered a job on the Isle of Wight. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Bored to Death**
9.10 **The Conners** (S5)
10.10 **Hung** 9&10/10. (S3)
11.30 **Eastbound & Down**
12.45 PM **Curb Your Enthusiasm** (S2)
2.05 **Hung** 9&10/10. (S3)
3.15 **Eastbound & Down**
4.35 **Bored to Death** (S3)
5.40 **The Office (US)** (S8)
6.40 **The Conners** (S5)
7.40 **Curb Your Enthusiasm** 8/10. Larry makes himself unpopular by accidentally tripping up Shaquille O'Neal. **8.20** 9/10. Cheryl's sister prepares to marry. (S2)
9.00 **Divorce** 3&4/10. (S1)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.20 **In the Long Run** (S3)
12.20 AM **The Righteous Gemstones** 9/9. (S1)
1.15 **Ramy Youssef: Feelings**
2.20 **Eastbound & Down**
3.30 **The Comeback** (S2)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Classical Anthems**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour Challenge** Double bill.
1.00 PM **Tales of the...**
2.00 **Landscape Artist of the Year** From Bristol.
3.00 **Discovering**
4.00 **Landscape Artist 2021**
5.00 **Tales of the Unexpected**
6.00 **Artist of the Year: Masterclass** New editions Double bill.
7.00 **Alfred Hitchcock Hour**
8.00 **Dickens: Phantoms and Fictions**
9.00 **NEW National Theatre Live: Frankenstein**
11.00 **The Art of Australia**
12.20 AM **Botticelli, Florence and the Medici**
2.20 **Camille Pissarro: The Father of Impressionism**
3.20 **Urban Myths**
4.10 **The South Bank Show**
5.10 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **The Force: Manchester**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 16/26. (S7)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** *The Omega Directive:* 21/26. The crew encounter a dangerous particle. (S4)
8.00 **Hawaii Five-0** (S8)
9.00 **FBI: Most Wanted** (S3)
10.00 **FBI: International** (S2)
11.00 **Britain's Most Evil Killers** Colin Pitchfork.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Backyard Builds** New edition DIY series.
8.10 **A Family Affair**
9.10 **Gary Barlow's Wine...**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **A Family Affair**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Gary Barlow's Wine Tour: South Africa**
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County** New edition Reality show.
10.00 **Patti Stanger: The Matchmaker** New edition
10.55 **Botched** Medical series.
11.50 **The Only Way Is Essex**
12.50 **to 1.20** AM **Backyard...**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 16/22. (S3)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 21/22. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 9–12/24. (S2)
9.00 **Randall and Hopkirk (Deceased)** *A Disturbing Case:* 2/26. Jeannie is concerned when she overhears Jeff talking to Marty. (S1)
10.00 **The Avengers** *Death's Door:* 18/24. A peace conference is thrown into chaos. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

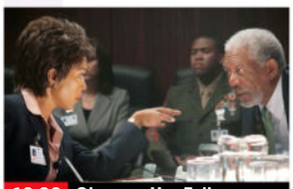
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots** New edition Eight more robots face their fate.
12.30 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Sweeney**
6.00 **Beat the Chasers** Quiz show hosted by Bradley Walsh.


10.00 Olympus Has Fallen

7.00 **The Motorbike Show** Henry Cole rides the Wiltshire Downs on a new BSA Goldstar, visiting Avebury and Marlborough.
8.00 **Monster Carp** Tom Dove and Neil Spooner team up as they target a record at a lake famous for its 100-pound-plus carp.
9.00 **Giant Lobster Hunters** New edition The top spot on the tally board is up for grabs as Squizzy faces Bryce and Myles.
10.00 FILM **Olympus Has Fallen** Thriller starring Gerard Butler. A secret service agent tries to foil North Korean guerrillas who have seized control of the White House. (2011, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Ligue 1 Highlights**
12.45 **The Sweeney**
1.45 **Minder**
2.40 **to 3.00** AM **Unwind with ITV**
+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 7/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 22/26. (S6)
2.00 **Warehouse 13** 3/20. (S4)
3.00 **Stargate SG-1** 15/20. (S9)
4.00 **Star Trek: Voyager** 5/26. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 7/26. Picard finds himself involved in a Klingon power struggle. (S4)

7.00 Warehouse 13

7.00 **Warehouse 13** *Personal Effects:* 3/20. The team attempt to track down the remaining artefacts from Sykes' arsenal. (S4)
8.00 **Stargate SG-1** *Ethon:* 15/20. Daniel Jackson finds himself captured and imprisoned on an Ori-controlled planet. (S9)
9.00 **Grimm** *Kiss of the Muse:* 20/22. Nick discovers a writer who has seemingly been murdered by an aquatic monster. (S2)
10.00 **The Walking Dead** *Dead Weight:* 7/16. Worrying events are unfolding at a camp outside the prison. (S4)
11.00 **SurrealEstate** 7/10. A new agent joins the agency.
12.00 M'T 8/10. Luke meets with his estranged mother. (S2)
1.00 AM FILM **Dracula: Prince of Darkness** Hammer horror chiller starring Christopher Lee. (1965, 15, 90min) ★★★
3.00 **Chucky** 5/8. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 11/16. (S4)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise**(S6)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Doctor Blake Mysteries** 8/10. A life model is found murdered at the start of a painting class. (S2)
5.00 **Hudson & Rex** 11/16. Charlie and Rex receive an award for heroism. (S4)
6.00 **Father Brown** As 10.00pm.

9.00 Death in Paradise

7.00 **The Mentalist** *Red Sails in the Sunset:* 8/22. Patrick tries to break Lorelei Martins out of prison. With Malcolm McDowell. (S5)
8.00 **White Collar** *In the Wind:* 16/16. Neal and the gang race to reach Ellen's evidence box before the FBI get to it. (S4)
9.00 **Death in Paradise** *Murder in the Polls:* 8/8. One of the candidates in the local mayoral elections is stabbed to death. (S6)
10.00 **Father Brown** *The Forensic Nun:* The sleuth investigates when his old friend Sister Boniface is implicated in a murder.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
12.55 AM **Elementary** 7/24. Holmes is recruited to consult on a double homicide. (S1)
1.55 **So Help Me Todd** 6/10. (S2)
2.50 **to 4.00** AM **Murdoch Mysteries**
+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Still Open All Hours**
11.00 **Last of the Summer Wine**
12.20 PM **The Green Green Grass**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Still Open All Hours**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **The Green Green Grass**
6.20 **Are You Being Served?**

7.00 Still Open All Hours

7.00 **Still Open All Hours** Granville encourages Gastric to be a fearless hunter to impress Madge.
7.40 **Dad's Army** Mainwaring sets about trying to get equipment for the platoon. **8.20** Mainwaring puts the defence of the realm before personal pride.
9.00 **Gavin & Stacey** The couple celebrate their engagement with a party. **9.40** The Shipmans drive to Wales for the wedding fayre, and Nessa tells Stacey her big secret.
10.20 **The Fast Show** Unlucky Alf catches a bus, and the Off-Roaders get stuck.
11.00 **Paul Whitehouse's Sketch Show Years** The 1990s.
11.40 **Live at the Apollo**
12.40 AM **Gavin & Stacey**
2.00 **The Fast Show**
2.40 **Live at the Apollo**
3.30 **to 4.00** AM **Last of the Summer Wine**
+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **Anthony Bourdain: Parts Unknown** From Mississippi.
8.00 **The Force: Behind the Line**
10.00 **American Pickers: Best Of**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Toy Stories**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers brave the high seas to celebrate Britain's fishing industry.
6.00 **Rick Stein's Spain** The seafood chef travels east from the Basque country toward the Mediterranean coast.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards. (7 PM)
7.40 **Richard Osman's House of Games** With Philippa Perry and Sarah Millican. **8.20** Edith Bowman, Fern Brady, Will Kirk and Martin Lewis take part. (8 PM)
9.00 **Have I Got a Bit More News for You** Clive Myrie hosts the satirical quiz, with guests Helen Lewis and Andy Hamilton. (9 PM)
10.00 **QI XL** Guests Hannah Gadsby, Noel Fielding and Joe Lycett join regular panellist Alan Davies and host Sandi Toksvig. (10 PM)
11.00 **Taskmaster** Noel Fielding has a sliding session.
12.00 M'T **Mock the Week** With Angela Barnes, Ed Byrne, Sarah Keyworth and Ahir Shah.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **David Mitchell's Outsiders**
+1 hour 211/212 327 74

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** Double bill.
8.00 **George Clarke's Building Home** Daniel, Laura and their son Archie renovate an old beach house on the Essex island of Mersea.
9.00 FILM **Beast** Action thriller starring Idris Elba and Sharlto Copley. (2022, 15, 93min) ★★★
10.50 **24 Hours in A&E** Patients' relatives explain the challenges they have faced together.
11.55 **Top Guns: Inside the RAF** The RAF struggle to keep a jet under wraps.
12.55 AM **First Dates**
1.55 **The Dog House**
3.00 **One Question**
3.55 **to 4.50** AM **Our Welsh Chapel Dream**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 15-17/24. (S11)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Searchers:* 7/24. The team look into a fraudulent charity. **7.00** *Semper Fortis:* 8/24. The team investigate the cause of a hit-and-run incident. **8.00** *Grounded:* 9/24. DiNozzo, Bishop and her husband investigate a terrorist threat. (S12)
9.00 **Law & Order** New episode *Balance of Power:* 7/13. An investor is murdered. (S23)
10.00 **Law & Order: Special Victims Unit** *Spring Awakening:* 24/24. Amaro becomes the subject of an Internal Affairs investigation. (S15)
11.00 **Law & Order: Special Victims Unit** (S16&15)
1.55 AM **NCIS** 3/24. (S12)
2.50 **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**
+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers** New edition
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Killer at the Crime Scene** New edition The murders of Robert Ford and his son Robbie.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Accused: Guilty or Innocent?** True-crime.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every...**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**
+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.10 PM FILM **Journey to Shiloh** Western. (1967, PG, 101min) ★★
2.15 FILM **The Great Sioux Uprising** Western. (1953, U, 80min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Triple bill, including at: **8.00** A runaway suspect puts Gary's life in danger.
9.00 **Motorway Cops: Catching Britain's Speeders** PC Martain Anderson races to a hit-and-run incident.
10.00 **Scam City**
11.00 **Criminals: Caught on Camera** Documentary.
12.00 M'T **Coastguard: Search & Rescue SOS**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build Ireland**
7.00 **MasterChef USA** New edition
8.00 NEW SERIES **Brit Cops Down Under** Following seven UK police officers as they move across the world to become Western Australian cops.
9.00 **Border Force: America's Gatekeepers**
10.00 **At Home with Katherine Ryan**
11.00 **First Responders**
12.00 M'T **Hashtag Murder**
1.00 AM **Emma Willis: Delivering Babies**
2.00 **to 3.00** AM **Alex Jones: Making Babies**
+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.20 **All Creatures Great and Small**
5.25 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *The Letters of Septimus Noone:* The master illusionist comes out of retirement to investigate a seemingly impossible attack on an actor.
9.20 **New Tricks** Double bill.
12.00 M'T **Bergerac**
1.00 AM **Lovejoy**
2.15 **Birds of a Feather**
2.50 **to 4.00** AM **Classic Holby City**
+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** Jurassic Coast.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** Davina McCall and Nicky Campbell help former footballer Dominic Matteo to find his birth mother.
10.00 **Alex Polizzi: The Fixer** A family-run funeral directors struggling to make a profit.
11.30 **The Hotel Inspector**
12.30 AM **Ghost Bait**
1.00 **Help! My House Is Haunted** True's Yard Fisherfolk Museum.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Cash in the Attic**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **The Bidding Room** Featuring a harmonica and a 20th-century underwear advert.
7.00 **Tenable** Warwick Davis hosts as a family of five answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **The Avengers**
9.00 **FILM Gung Ho!** Action drama. (1943, b/w, PG, 88min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Lone Gun** Western adventure. (1954, U, 78min) ★★
2.30 **FILM War of the Wildcats** Western with John Wayne. (1943, b/w, U, 102min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Vendetta** Action thriller with Danny Dyer. (2013, 18, 106min) ★★
11.15 **FILM Cash** Thriller with Chris Hemsworth. (2010, 15, 108min) ★★
1.35 AM **FILM Firequake** Sci-fi disaster drama. (2014, 12, 90min) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Cradle Swapping** Drama. (2017, 12, 88min) ★★
10.55 **FILM The Wedding Stalker** Suspense thriller. (2017, PG, 89min) ★★
1.00 PM **FILM A Night to Regret** Crime drama. (2018, 12, 89min) ★★
3.00 **FILM Deadly B&B** Thriller. (2018, 12) ★
5.00 **FILM Lost Letter Mysteries: One in a Million** Crime drama. (2016, PG, 84min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM House of Darkness** Thriller. (2022, 15, 85min) ★★
11.00 **FILM Bronson** Drama. (2009, 18, 92min) ★★★
1.00 AM **FILM Tracker** New Zealand-set drama. (2010, 12, 101min) ★★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Fatal Flatline** Drama. (2020, PG, 87min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM An Hour Behind** Comedy. (2017, PG, 90min) ★★
10.10 **FILM Hometown Holiday** Romance. (2017, PG, 84min) ★★
12.05 PM **FILM Christmas with a Prince** Drama. (2018, PG, 90min) ★★
2.00 **FILM Christmas with a Prince: Becoming Royal** Drama. (2019, PG) ★★
4.00 **FILM Ms. Matched** Comedy. (2016, PG) ★★
6.05 **FILM Valentine in the Vineyard** Romance. (2019, PG, 90min) ★★
8.00 **FILM Stop the Wedding** Drama. (2016, U) ★★
9.55 **FILM In the Key of Love** Drama. (2019, PG) ★★
11.50 **FILM Brimming with Love** Romantic drama. (2017, PG, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love, Fall & Order** Drama. (2019, U, 84min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** 2/32. (S1)
10.30 **Watching** 6/8. (S1)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched** 6/36. (S1)
12.00 NOON **Dick Turpin** (S1)
1.00 PM **Fantasy Island** (S1)
2.00 **The Prisoner** 9/17. (S1)
3.00 **Clive James at the Playboy Mansion**
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 6/8. (S1)
6.00 **Bewitched** 6/36. (S1)
6.30 **The Monkees** 2/32. (S1)
7.00 **Police Woman** (S1)
8.00 **The Prisoner** 9/17. (S1)
9.00 **Dark Skies** 1/20. (S1)
10.00 **Game On** 3/6. (S2)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Thriller** (S3)
1.00 AM **Clive James at the Playboy Mansion**
2.00 **Monkey** 16/26. (S1)
3.00 **Bubblegum & Cheese**
3.55 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Homestead Rescue: Raney Ranch**
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** Four editions, including at: **9.00** A new deckhand falls ill on the *Time Bandit*, raising difficult questions for Andy. **10.00** The Coast Guard gets a call to extract a sailor with broken legs 200 miles out to sea.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** The survivalists must complete a brutal extraction.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Roux Down the River** Cookham to Bray.
7.00 **The Pioneer Woman**
9.00 **Jamie's Meat-Free Meals** Four editions.
11.00 **The Great British Bake Off** Biscuit Week.
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Down the River**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's Meat-Free Meals** Four editions.
7.00 **The Great British Bake Off** Biscuit Week.
8.30 **Paul Hollywood: City Bakes** The baker pays a visit to Paris.
9.00 **Roux Down the River**
10.00 **Nadiya's Time to Eat**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 11/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 8/23. (S4)
11.00 **FILM Escape from Mars** Sci-fi drama. (1999, PG, 86min) ★★
1.00 PM **FILM Memoirs of an Invisible Man** Comedy thriller. (1992, PG, 99min) ★★
3.00 **FILM Angel and the Bad Man** Western. (2009, PG, 95min) ★★
5.00 **Star Trek** 5/26. (S2)
6.00 **T.J. Hooker** 9/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Sneakers** Adventure caper. (1992, 15, 125min) ★★★
11.25 **FILM Runner Runner** Thriller. (2013, 15) ★★★
1.15 AM **FILM Rogue Hostage** Action thriller. (2021, 15, 93min) ★★
3.05 **to 4.50** AM **FILM The Uncanny** Horror. (1977, 18, 85min) ★

Legend Xtra

317 171 69 138

6.00 AM **FILM Apocalypse of Ice** As 5.00pm.
8.00 **FILM Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
10.00 **Farscape** 12/22. (S2)
11.00 **FILM Bigfoot** Tongue-in-cheek monster movie. (2012, 12, 89min) ★★
1.00 PM **10.5 Apocalypse**
3.00 **Farscape** 12/22. (S2)
4.00 **Star Trek** 13/26. (S2)
5.00 **FILM Apocalypse of Ice** Sci-fi disaster drama starring Tom Sizemore. (2020, PG, 88min) ★★
7.00 **Farscape** 13/22. (S2)
8.00 **Star Trek** 14/26. (S2)
9.00 **FILM The Humanity Bureau** Sci-fi thriller with Nicolas Cage, Sarah Lind and Jakob Davies. (2017, 15, 95min) ★★
10.55 **FILM The Golem** Horror with Hani Furstenberg. (2018, 15, 95min) ★★
1.00 **to 3.00** AM **FILM The Humanity Bureau**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real Deal** From Banbury.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? with William Shatner**
12.10 PM **Weird Britain**
1.05 **Mega Disasters**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
10.00 **Blown Away**
11.00 **Court Cam**
12.00 M'T **Encounter: UFO**
1.00 AM **UFO Hunters**
2.00 **Weird or What? with William Shatner**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Isle of Wight: Jewel of the South**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Walking Tudor Britain**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Countdown to War** Anxiety builds across Britain as World War Two becomes inevitable.
10.00 **Buried Secrets of WWII** Searching for historical evidence in Papua New Guinea.
11.00 **Prisoner: Cell Block H**
1.05 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** The Rhone.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
9.00 **A Place in the Sun: Home or Away**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My Lottery Dream Home International**
2.00 **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
6.00 **A Place in the Sun: Home or Away**
7.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Windy City Rehab** New edition Alison renovates a family home.
10.00 **100 Day Dream Home**
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Curvy Brides Boutique**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
4.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life** Danielle and Adam navigate new roles in their family.
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Dr Pimple Popper**
9.00 **The Bad Skin Clinic**
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Strange Love**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 15&16/18. (S2)
1.00 PM **Becker** 18/24. (S2)
1.25 **Friends** (S8&9)
8.00 **Friends** 7/24. Phoebe fails to impress her boyfriend's parents. **8.30** 8/24. Guest stars Christina Applegate. (S9)
9.00 **Jack Whitehall Live** Stand-up perfomance.
10.00 **FILM Keanu** Comedy starring Jordan Peele and Keegan-Michael Key. (2016, 15, 96min) ★★★
12.00 M'T **Utopia** 5&6/8. (S1)
1.10 AM **Rose Matafeo: Horndog** Stand-up.
2.10 **Whose Line Is It Anyway? USA**
3.10 **Teachers** (S3)
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 20&21/24. (S2)
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 20&21/24. (S2)
6.00 **Home Improvement**
8.00 **Last Man Standing** 15/18. Mike finds Mandy sneaking into the house. **8.30** 16/18. Mike hires a private soccer coach to help Eve. (S2)
9.00 **Out of Order**
10.00 **Friends** 16–21/24. (S8)
1.00 AM **The Ren & Stimpy Show** 3&4/14. (S4)
2.00 **Key & Peele** (S3)
3.00 **Ugly Americans** (S2)
3.45 **Guessable?**
4.30 **Al Murray: One Man, One Guvnor Uncut**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **FBI** (S3)
2.00 PM **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **MacGyver** 4/15. Desi's brother finds himself in trouble. **8.00** 5/15. The team try to solve a fallen friend's final case. (S5)
9.00 **Send in the Dogs**
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour** Double bill.
2.00 AM **A League of Their Own: European Road Trip** A visit to Monaco.
3.00 **Duck Quacks Don't Echo** With Jason Byrne.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

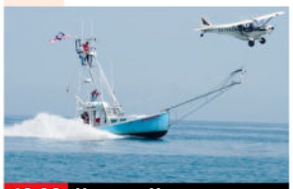
6.00 AM **Daria** 8/13. (S2)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: Meltdowns**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Meltdowns**
2.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Help! I'm in a Secret Relationship!**
9.00 **Badass Brides** A woman who booked her wedding without telling her partner.
10.00 **Geordie Shore** New edition A surprise apology saves the day.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition The guys ride the ups and downs of 'see saw sore'.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Gold, Lies & Videotape**
4.00 **Gold Rush: Parker's Trail**
5.00 **Deadliest Catch** Battered by the ice pack, Sig decides it's time to change tactics.
6.00 **Wheeler Dealers** Mike gets a tip-off from an unusual source – his electrician.



10.00 Harpoon Hunters

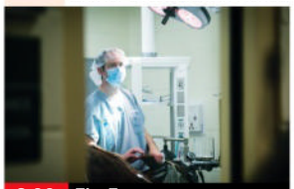
7.00 **Salvage Hunters** Wintry weather hampers an auction, and Drew faces difficulties persuading a reluctant trader to sell.
8.00 **Kindig Customs** Dave's latest client wants him to outlaw a Porsche 356 A, which means plenty of modifications.
9.00 **Gold Rush** New edition Tony berates Mike when a side dumper crashes in a ditch, and Parker gives monster dirt haulers a try.
10.00 **Harpoon Hunters** New edition When Niko's zapper fails at the worst possible moment, Tyler steps in to save the day.
11.00 **Expedition Bigfoot** Russell explores caves in NorCal.
12.00 M'T **Street Outlaws: Memphis** Brennan confronts Kevin about a lack of equipment.
1.00 AM **Gold Rush**
2.00 **Harpoon Hunters**
3.00 **Texas Metal**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **How Do Animals Do That?** Double bill of editions.
2.00 **Wild Australia**
3.00 **Wild Mexico**
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia** The team come to the aid of a starving dog and its owner.
6.00 **Tanked** A nautical-themed tank for a restaurant in Florida.



8.00 The Zoo

7.00 **Pit Bulls & Parolees** After the great flood of 2016 devastates Louisiana, Tia and the team come to the aid of victims.
8.00 **The Zoo** The medical team perform critical surgery on a bison calf born with a bowed leg.
9.00 **The Zoo** The zoo staff try to build a relationship between a pair of Asian elephants with very different personalities.
10.00 **Alaska: Surviving the Last Frontier** The groups leave their cabins to head for home.
11.00 **Monster Croc Invasion**
12.00 M'T **Urban Predator: Lion on the Loose** Reports of an African lion stalking Milwaukee.
1.00 AM **Alaska: Surviving the Last Frontier** Documentary.
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Defending Europe**
11.00 **Ice Road Rescue**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures** Hitler's mountain retreat in the Alps.
5.00 **Car S.O.S** Tim and Fuzz restore a Jeep Grand Cherokee. **6.00** The boys rescue a rare Talbot Sunbeam Lotus.

5.00 Car S.O.S

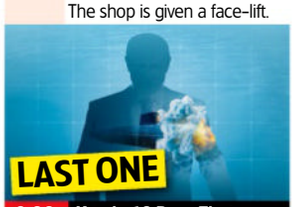
7.00 **Air Crash Investigation** A turboprop crashes in Papua New Guinea, uncovering a deadly flaw in the aircraft.
8.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader once and for all.
9.00 **Apocalypse: The Fall of Hitler** It's 1944, and the Allied forces take over the West and Nazis retreat in the East.
10.00 **World War II: Secrets from Above** In April 1940, German battleships attack key Norwegian ports.
11.00 **Air Crash Investigation** The crash of Arrow Air Flight 1285 in Canada in 1985.
12.00 M'T **Air Crash Investigation**
1.00 AM **Plane Crash Recreated**
2.00 **Made in a Day**
2.30 **Abandoned**
3.20 **Food Factory**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **UFOs: The Lost Evidence**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **The Proof Is Out There: Military Mysteries**
4.00 **Digging for Britain**
5.00 **Pawn Stars**
6.00 **American Pickers** The shop is given a face-lift.



9.00 Kursk: 10 Days That...

7.00 **Forged in Fire** Four bladesmiths must forge a fully functional serrated knife using steel from hand scissors.
8.00 **UFOs: The Lost Evidence** A look at why researchers believe that UFOs may be inhabiting the planet's oceans.
9.00 **Kursk: 10 Days That Shaped Putin** Series finale 2/2. An explosion in August 2000. ■ Entire series on Box Sets
10.00 NEW SERIES **Truthseekers** The story of Mary Magdalene, who travelled with Jesus as one of his followers.
11.10 **The Proof Is Out There** New edition A brain-numbing noise plaguing Brooklyn.
12.10 AM **Paranormal: Caught on Camera**
1.10 **Flipping Bangers**
2.10 **Ancient Aliens**
3.05 **The Curse of Oak Island**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **WW2: Battles for Europe**
10.00 **The Architecture the Railways Built** Double bill.
12.00 NOON **Greece with Simon Reeve** 2/2. Documentary.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **WW2: Battles for Europe**
6.00 **Antiques Roadshow** A visit to Leicester's Museum of Science and Technology at Abbey Pumping Station.

7.30 The Boat That Guy Built

7.00 **The Boat That Guy Built** Guy Martin weaves his own bedsheets. **7.30** Guy makes a tin can and bakes bread.
8.00 **Robson's Extreme Fishing Challenge** The actor visits Canada to take on the country's most experienced fishermen.
9.00 **Bangers & Cash** Derek makes the short trip to a mysterious Yorkshire beauty spot to pick up a 1920s-style bus.
10.00 **Bangers & Cash** Derek picks up a Saab 96L and a Volvo P1800ES. Plus, a rare British AC Aceca comes up for sale.
11.00 **Find It, Fix It, Flog It** Henry and Simon visit East Sussex and Hertfordshire, where finds include an egg incubator.
12.00 M'T **Greece with Simon Reeve** 2/2. Simon travels into the mountainous north.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop** Triple bill.
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Wheeler Dealers**
9.00 NEW SERIES **Vinnie Jones in the Country** Vinnie is determined to finish jobs at his farm, and a new relationship blossoms with Blondie.
10.00 NEW SERIES **Meet the Rees-Moggs** Reality series following Conservative politician Jacob Rees-Mogg, his wife Helena and their six children.
11.00 **How Do They Do It?**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**.
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** April Barber.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition Officers confront an armed criminal on a bus.
10.00 **Web of Lies**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Terri Ann McCoy.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Crimes That Shook Australia** The tragic story of four-year-old Darcey Freeman.
8.00 **Secrets of a Murder Detective** DI Keogh and DCS Whittaker probe Gary Dean's murder.
9.00 **Forensic Factor** A teenage girl is stabbed to death in her car in Pennsylvania.
10.00 **A Secret to Die For** New edition Big business and high rolling lifestyles turn deadly.
11.00 **Prosecuting Evil with Kelly Siegler**
12.00 M'T **Nightmare Next Door** Michele Harris.
1.00 AM **Forensic Factor**
2.00 **A Secret to Die For**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
11.00 **Medical Detectives**
2.00 PM **48 Hours**
4.00 **Medical Detectives** The body of a man is found 30 years after he was murdered. **4.30** Using cat hairs and insects to track down a missing woman. **5.00** A police officer's home is burned to the ground in a suspected arson attack. **5.30** DNA testing on blood spatters helps to solve a murder case. **6.00** A pregnant woman accused her husband of attacking her. **6.30** A mother decides to take the case of her murdered daughter into her own hands.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **The Force: Manchester**
8.00 **Road Wars**
9.00 **Nothing to Declare**
10.00 **Send in the Dogs**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Evil Killers** New edition The crimes of Joel Rifkin.
10.00 **Made for Murder**
11.00 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **Snapped**
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Mafia's Greatest Hits**
9.40 **Edwardian Britain in Colour** As 7.40pm.
10.40 **Impossible Peace**
11.50 **The Dictator's Playbook**
1.00 PM **Mafia's Greatest Hits**
2.05 **Edwardian Britain in Colour** As 7.40pm.
3.05 **Impossible Peace**
4.15 **The Dictator's Playbook**
5.20 **The US and the Holocaust** Documentary.
6.35 **Mafia's Greatest Hits**
7.40 **Edwardian Britain in Colour** 2/2. People celebrate the arrival of a new tram in Wigan.
8.40 **Impossible Peace** New edition How keeping Germany under-armed caused humiliation.
9.50 **The Dictator's Playbook**
10.55 **Mafia's Greatest Hits**
12.00 M'T **Edwardian Britain in Colour** As 7.40pm.
1.05 **to 2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mother Teresa: For the Love of God?**
7.00 **Discovering: Ronald Colman**
8.00 **The Directors**
9.00 **The 2000s**
10.00 **Juan Carlos: Downfall of the King** As shown at 7.00pm.
11.00 **Superpowered: The DC Story**
12.00 NOON **Queen of Speed**
2.00 PM **Villeneuve Pironi: Racing's Untold Tragedy**
4.00 **The Directors**
5.00 **Discovering: Ronald Colman**
6.00 **The 2000s**
7.00 **Juan Carlos: Downfall of the King** 2/4. Corinna zu Sayn-Wittgenstein becomes a threat to the monarchy.
8.00 **David Frost Vs** 2/3. The journalist's famous interviews with Muhammad Ali.
9.00 NEW **Rewriting Trump** Documentary looking at the political career of Donald Trump.
11.00 **Anatomy of Lies**
2.05 AM **The Scheme**
4.20 **The Great Horsemeat Scandal**
5.00 **to 6.00** AM **Discovering: Ronald Colman**

Sky Nature

124/125 822 189 354 369

6.00 AM **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Undiscovered Vistas**
9.00 **Patagonia**
10.00 **Guardians of the Wild**
11.00 **Super Shark Highway**
12.00 NOON **Mysteries of the Mekong** Documentary.
1.00 PM **Monkey Life**
2.00 **Undiscovered Vistas**
3.00 **Patagonia**
4.00 **Guardians of the Wild**
5.00 **Africa's Hidden Kingdoms**
6.00 **Mysteries of the Mekong**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Wild City** David explores Singapore.
9.00 **Planet Weird**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hidden Kingdoms**
12.00 M'T **Super Shark Highway**
1.00 AM **Wildlife Rescue New Zealand** Documentary.
2.00 **David Attenborough's Wild City** As shown at 8.00pm.
3.00 **Planet Weird**
4.00 **Undiscovered Vistas**
5.00 **to 6.00** AM **Patagonia**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.00 **Ancient Aliens: The Ultimate Evidence**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
12.00 NOON **Ancient Aliens: The Ultimate Evidence**
1.00 PM **River Hunters**
2.00 **Weird Britain**
3.00 **Lost Relic Hunters**
4.00 **Battle 360**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFO Hunters**
8.00 **Ancient Superstructures** An exploration of Tikal, a centre of pre-Columbian Mayan civilisation. **9.05** The ancient city of Chichen Itza in Mexico.
10.10 **History's Greatest Mysteries**
11.10 **The Secret Nazi Expeditions**
12.10 AM **Ancient Aliens**
2.00 **Digging for Britain**
3.00 **Digging Up Britain's Past: Henry VIII's Lost Palace**
4.00 **The Proof Is Out There**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Murder By Medic**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Witness to Murder: Digital Evidence**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48** Investigating killers in Ohio and Oklahoma.
8.00 **Murder By Medic** New edition
9.00 **A Perfect Scam** New edition
10.00 **Tell Me How I Died**
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **A Perfect Scam**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo: North Carolina**
9.00 **World's Deadliest**
10.00 **Alaska Fish Wars**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild India**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A cheetah fights for its life against a mysterious and debilitating illness, and an elephant is artificially inseminated.
8.00 **Serengeti: Stampede of the Megaherd** 1/2. The migration of wildebeest, zebras and gazelles.
9.00 **Serengeti: Assault on the Megaherd** 2/2. The migration of wildebeest, zebras and gazelles.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **The Dark Side of the Sun**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Expedition Bigfoot** The team explore a cave that could be Bigfoot's underground lair.
8.00 **The Dark Side of the Sun** Scientists have only recently begun to understand the true nature of our 'local star', the Sun. This documentary discusses its past and future, and its effect on our planet.
9.00 **Combat Dealers** Bruce uncovers plans for the D-Day invasion.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **The Bill** *The One That Got Away:* Brownlow engages in a pursuit of a stolen vehicle that turns out to be more then meets the eye. **5.30** *Found Offending:* PC Stamp tries to help a young girl being abused by her father. **6.00** *All Part of the Job:* The Special Branch detective that WPC Brind is seeing gets wrapped up in a dangerous case. **6.30** *In the Cold:* A woman is found dead at a railway yard.
7.00 **Top of the Pops** Triple bill featuring studio performances, videos and celebrity interviews.
9.00 **The Brokenwood Mysteries** *Catch of the Day:* 3/4. Jared discovers a severed human hand in a crayfish pot. (S2)
11.00 **The Bill** Four episodes.
1.10 AM **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.35 **Inside the Ambulance**
5.25 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Evil Stepmothers**
9.00 **Caught in the Net**
11.00 **The Big Swindle**
1.00 PM **Disappeared**
3.00 **Reasonable Doubt**
5.00 **American Detective with Lt Joe Kenda** Double bill.
7.00 **Faking It: Tears of a Crime** The murder of Cambridgeshire 10-year-olds Holly Wells and Jessica Chapman in 2002.
9.00 **Evil Lives Here** At first, Ainjil thought William was charming and creative. Then, his violent tendencies emerged and Ainjil fled – but her ordeal was not over yet. **10.00** The story of Dennis Ryan, who grew up believing that his father's violent teachings were preparing him to save the lives of everyone in their farmhouse.
11.00 **Married to Evil**
12.00 M'T **Evil Kin**
2.00 AM **American Detective with Lt Joe Kenda**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Lucky!**
5.00 **Richard Hammond's Workshop** Motoring series.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Lucky!** Cutthroat drivers in fast cars result in excitement and tragedy for Formula 1.
9.00 **Shed and Buried: Classic Cars** A VW Beetle Beach Buggy.
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 M'T **Lucky!**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.50 AM **Black Dog** As 1.20am.
8.50 **Turn Me On** Fantasy. (2024, 15, 99min) ★★★
10.35 **Fox and Hare Save the Forest** As shown at 5.30am.
12.00 NOON **Fight or Flight** (2025)
1.50 PM **Black Dog** As 1.20am.
3.50 **The Bikeriders** Drama with Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★
5.50 **Rob Peace** Drama directed by and starring Chiwetel Ejiofor. (2024, 15, 120min) ★★★

9.45 The Watched

8.00 Fight or Flight Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Watched Horror starring Dakota Fanning, Georgina Campbell and Olwen Fouere. A young woman is stranded and stalked on an island. (2024, 15, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **MaXXXine** Horror thriller starring Mia Goth, Kevin Bacon and Elizabeth Debicki. (2024, 18, 104min) ★★★
1.20 AM **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min)
3.20 **A Place Called Silence** Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min)
5.30 **to 6.50** AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min)

Sky Cinema Hits

303 403 503 517

6.00 AM **The Shamrock Spitfire**
8.00 **Cult Killer** As 2.30am.
10.00 **Arcadian** As 12.50am.
11.50 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
2.00 PM **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
4.15 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12) ★★★
6.15 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★

10.20 Black Hawk Down

8.00 Captain Phillips Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Black Hawk Down Director Ridley Scott's war drama based on the catastrophic US military action in Somalia in 1993, starring Josh Hartnett, Ewan McGregor and Tom Sizemore. (2001, 15, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Arcadian** Dystopian thriller starring Nicolas Cage. (2024, 15, 92min) ★★★★
2.30 **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
4.25 **to 6.15** AM **The Shamrock Spitfire** Biographical drama. (2024, 12, 108min) ★★★

Sky Cinema Drama

310 410 510 524

7.05 AM **The Color Purple** (2023)
9.35 **Suburbicon** Black comedy. (2017, 15, 105min) ★★★
11.25 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
1.10 PM **Miss Potter** Biographical drama. (2006, PG, 93min) ★★★
2.50 **8 Mile** Urban drama starring Eminem and Kim Basinger. (2002, 15, 112min) ★★★
4.45 **The Hanging Sun** Drama. (2022, 15, 93min) ★★
6.25 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
7.55 **Bob Marley: One Love** Biopic starring Kingsley Ben-Adir. (2023, 12, 104min) ★★★
9.50 **The Color Purple** Musical drama based on Alice Walker's novel, starring Taraji P. Henson and Fantasia Barrino. Torn apart from her sister and children, a woman finds strength in new friendships. (2023, 12, 141min) ★★★
12.15 AM **Wildhood** Drama with Steve Lund. (2021, 15, 108min) ★★★
2.15 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
4.15 **Speak Like a Child** As 6.25pm.
5.50 **to 7.25** AM **The Man with the Answers** Romantic drama. (2021, 12, 80min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

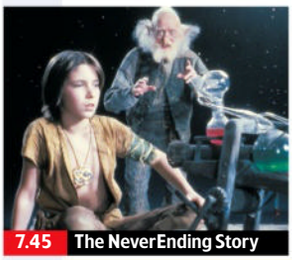
6.45 AM **Dorian Gray** As 12.45am.
8.45 **Biosphere** As 2.45am.
10.40 **The Woman in Black: Angel of Death** Horror chiller sequel. (2014, 15, 95min) ★★★
12.25 PM **Five Nights at Freddy's** Horror. (2023, 15, 109min) ★★
2.20 **The Nun II** Horror thriller sequel. (2023, 15, 110min) ★★
4.20 **Insidious: Chapter 2** Thriller sequel. (2013, 15, 103min) ★★★
6.15 **The Woman in Black** Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
8.00 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.50 **The Purge: Election Year** Action horror sequel with Frank Grillo. (2016, 15, 108min) ★★★
12.45 AM **Dorian Gray** Gothic horror starring Ben Barnes and Colin Firth. (2009, 15, 112min) ★★★
2.45 **Biosphere** Sci-fi comedy drama. (2022, 15, 106min) ★★★
4.35 **to 6.25** AM **Resident Evil: Degeneration** Animated horror thriller. (2008, 15, 97min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Kids Books

306 406 506 520

6.00 AM **Sky Cinema Preview**
7.00 **The Canterville Ghost** (2023)
8.45 **The Amazing Maurice** (2022)
10.35 **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★
12.25 PM **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
2.20 **Dr Seuss' The Lorax** (2012)
4.00 **A Dog's Purpose** Comedy drama. (2017, PG) ★★★
5.55 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★



7.45 The NeverEnding Story

7.45 The NeverEnding Story Fantasy about a young warrior on a quest to save the empire of Fantasia. Stars Barret Oliver and Gerald McRaney. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Dr Seuss' The Lorax Animated comedy based on the children's book by Dr Seuss, featuring the voice of Danny DeVito. A plucky young boy sets out from a plastic city on a quest to find a real tree. (2012, U, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
1.25 AM **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
3.15 **Cinema List: Family Favourites**
3.35 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
5.20 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Martial Arts

307 407 507 521

7.25 AM **The Cinema List: Payback**
7.45 **Iron Monkey** As 3.25am.
9.25 **Once Upon a Time in China** Adventure. (1991, 15) ★★★★★
11.45 **Once Upon a Time in China II** Adventure. (1991, 15) ★★★
1.45 PM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
3.55 **The Karate Kid Part II** Adventure. (1986, PG) ★★
5.55 **Crouching Tiger, Hidden Dragon** Chinese adventure. (2000, 12, 120min) ★★★★★

9.45 Twilight of the Warriors

8.00 Hero Chinese adventure starring Jet Li and Tony Leung. In the 3rd century BC, a nameless county sheriff claims to have defeated three legendary assassins. Subtitled. (2002, 12, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Twilight of the Warriors: Walled In Chinese crime action thriller starring Raymond Lam. In a walled city, a troubled youth stumbles upon a chaotic world of crime. Subtitled. (2024, 15, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
1.40 AM **Oldboy** Revenge thriller remake starring Josh Brolin. (2013, 18, 104min) ★★
3.25 **Iron Monkey** Hong Kong thriller starring Rongguang Yu. (1993, 12, 90min) ★★★
5.00 **to 7.00** AM **Once Upon a Time in China II** As 11.45am.

Sky Cinema Comedy

308 408 508 522

6.00 AM **LaRoy, Texas** As 3.55am.
8.05 **This Is 40** As 8.00pm.
10.30 **Don't Tell Mom the Babysitter's Dead** As 2.10am.
12.20 PM **Knocked Up** As 10.15pm.
2.30 **Drive-Away Dolls** Action comedy with Margaret Qualley. (2023, 15, 84min) ★★★
4.05 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
5.50 **The Terminal** Steven Spielberg's comedy drama with Tom Hanks. (2004, 12, 129min) ★★★★

5.50 The Terminal

8.00 This Is 40 Judd Apatow's comedy starring Leslie Mann and Paul Rudd, a spin-off from the 2007 hit film *Knocked Up*. An LA married couple go through a series of domestic and professional crises as they approach their 40th birthdays. (2012, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Knocked Up Romantic comedy with Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant during a drunken one-night stand. (2007, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
2.10 **Don't Tell Mom the Babysitter's Dead** Comedy remake. (2024, 15) ★★★
3.55 **LaRoy, Texas** Crime caper. (2023, 15, 112min) ★★★★
5.50 **to 7.20** AM **Drive-Away Dolls**

Sky Cinema Thriller

309 409 509 523

6.10 AM **The Cinema List: Payback**
6.30 **Split** As shown at 12.35am.
8.30 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
10.10 **Dangerous Waters** (2023)
11.55 **The Independent** Drama. (2022, 12, 108min) ★★★
1.45 PM **Ocean's Eleven** Thriller. (2001, 12, 116min) ★★★★
3.55 **Hanna** Action thriller. (2011, 12, 106min) ★★★★
5.55 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★

10.10 Chinatown

8.00 Ocean's Twelve Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

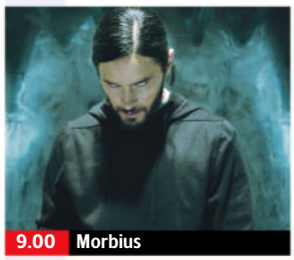
10.10 Chinatown Crime thriller starring Jack Nicholson and Faye Dunaway. A private investigator takes a routine matrimonial case and stumbles into a web of deceit and murder. (1974, 15, 131min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Split** Psychological thriller. (2016, 15, 117min) ★★★
2.35 **Dangerous Waters** Thriller. (2023, 15, 101min) ★★★
4.20 **to 6.05** AM **Changing Lanes** Thriller starring Ben Affleck. (2002, 15, 99min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Bedford Incident** Adventure thriller. (1965, b/w, PG, 105min) ★★★
1.05 PM **Patton** World War Two biopic starring George C Scott. (1969, PG, 163min) ★★★★
4.25 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
6.20 **The Hunt for Red October** Cold War thriller starring Sean Connery and Alec Baldwin. (1990, PG, 135min) ★★★★



9.00 Morbius

8 PM **The Hunt for Red October** (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00 Morbius** Comic-book adventure starring Jared Leto. A biochemist tries to cure himself of a rare blood disease, but he inadvertently infects himself with a form of vampirism. With Matt Smith and Adria Arjona. (2022, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.05 War for the Planet of the Apes** Sci-fi adventure sequel starring Andy Serkis and Woody Harrelson. A conflict erupts between humans and intelligent primates in a post-apocalyptic future. (2017, 12, 140min) ★★★★
1.50 **to 3.45** AM **You Are Not My Mother** Psychological horror. (2021, 15, 93min) ★★★★

11 PM

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Sky Cinema Ultimate Action

302 402 502 516

6.00 AM **White Elephant** As 3.55am.
7.40 **Transformers: Rise of the Beasts** As shown at 1.45am.
9.50 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
11.50 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale. (2009, 12, 110min) ★★★
1.55 PM **Fight or Flight** As 10.00pm.
3.55 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★

6.00 **The Meg** Thriller starring Jason Statham. (2018, 12, 113min) ★★★
8.00 **Meg 2: The Trench** Thriller sequel starring Jason Statham. (2023, 12, 115min) ★★★
10.00 **Fight or Flight** Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
11.45 **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★

1.45 AM **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
3.55 **White Elephant** Action thriller. (2022, 15, 100min) ★★★
5.35 **The Cinema List: Fast Cars**
5.55 **to 7.45** AM **Blacklight** Action thriller. (2022, 15, 104min) ★

Sky Cinema Women in Film

304 404 504 518

6.15 AM **The United States vs. Billie Holiday** As shown at 4.15am.
8.35 **Breakfast at Tiffany's** (1961)
10.40 **The Little Rascals** Family comedy. (1994, U, 83min) ★★
12.20 PM **Fast Times at Ridgemont High** Cult teen comedy. (1982, 18, 90min) ★★★★★
2.00 **Forces of Nature** Romantic comedy starring Sandra Bullock. (1999, 12, 105min) ★★★

4.00 **The Adjustment Bureau** Romantic sci-fi thriller starring Emily Blunt and Matt Damon. (2011, 12, 105min) ★★★★
6.00 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy. (2024, 15, 148min) ★★★★
10.30 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★

12.15 AM **The Adjustment Bureau**
2.10 **Breakfast at Tiffany's** Vintage comedy with Audrey Hepburn. (1961, PG, 106min) ★★★★★
4.15 **to 6.30** AM **The United States vs. Billie Holiday** Biopic starring Andra Day as the acclaimed singer. (2021, 15, 126min) ★★★

Sky Cinema Animation

305 412 500 514

6.40 AM **The Emoji Movie** (2017, U) ★
8.15 **The Ogglies** (2021, PG) ★★★
9.55 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★
11.20 **Tom and Jerry: A Nutcracker Tale** Animated adventure. (2007, U, 47min) ★★★
12.15 PM **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★★★

2.35 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
4.00 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
5.40 **Antz** Animated family comedy. (1998, PG, 83min) ★★★
7.10 **Storks** Animated adventure. (2016, U, 87min) ★★★
8.45 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
10.15 **Under the Boardwalk** Animation. (2023, PG) ★★★
11.50 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★

1.50 AM **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★
3.20 **Mavka: The Forest Song** Animation. (2023, PG) ★★
5.10 **to 6.35** AM **Batman Unlimited: Animal Instincts** Animation. (2015, PG, 74min) ★★

Movies 24

312 419

7.00 AM **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
9.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
11.00 **Love, Fashion, Repeat** Romantic comedy drama. (2022, PG, 89min) ★★
1.00 PM **Love in Whitbrooke** Drama. (2021, PG, 88min) ★★
3.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★

5.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
7.00 **Scented with Love** Romantic drama starring Rebecca Olson. (2022, PG, 83min) ★★
9.00 **Love, Classified** Drama starring Melora Hardin. A romantic novelist attempts to reconnect with her estranged children, who are both looking for love on a new dating app. (2022, PG, 90min) ★★
11.00 **A Safari Romance** Romantic comedy. (2023, PG, 84min) ★★

1.00 AM **Planning on Forever** Romantic comedy drama. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **Savoring Paris** Romance starring Bethany Joy Lenz. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Setting Up Home**
6.20 **Three Witnesses** Crime drama. (1935, b/w, PG, 68min) ★★★
7.40 **What's On TPTV with Noel**
7.50 **The Girl who Couldn't Quite** Comedy. (1951, b/w, PG) ★★★
9.30 **Death Goes to School** Thriller. (1953, b/w, U, 65min) ★★
10.45 **On the Fiddle** Wartime comedy. (1961, b/w, PG, 97min) ★★
12.45 PM **Look at Life**

1.00 **Made for Each Other** Romantic comedy drama. (1939, b/w, U, 90min) ★★★
2.50 **The Black Hole** Adventure. (1979, PG, 97min) ★★★
4.45 **Churchill's Secret Army** (S1)
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 32/34. (S1)
7.35 **Dial 999** 1/39. (S1)
8.05 **Rumpole of the Bailey** (S6)
9.15 **Love for Lydia** 4/13. (S1)
10.25 **Stepfather III** Horror thriller sequel. (1992, 18, 110min) ★★

12.40 AM **Night of the Creeps** Horror. (1986, 18, 88min) ★★★
2.30 **The Crater Lake Monster** Chiller. (1977, 15, 74min) ★
4.15 **Attack of the Giant Leeches** Horror. (1959, b/w, 15, 62min) ★
5.30 **to 6.00** AM **The Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **ICC Champions Trophy Cricket** Coverage of the first semi-final staged at Dubai International Cricket Stadium, as the winner of one group and the runner-up of the other compete for a place in Sunday's final.
5.30 PM **Sports Centre**
7.00 **Gillette Labs Soccer Special**
7.30 LIVE **EFL Wycombe Wanderers v Burton Albion.** Coverage of the League One match from Adams Park, as the two teams at either ends of the table meet for the second time this season. Kick-off **8.00pm**.
10.30 **The Unstoppable Rise of Women's Sport**
11.45 **My Icon** Maggie Alphonsi.
12.00 M'T LIVE **TGL Jupiter Links v Atlanta Drive.** The 15th match in the team competition staged at Palm Beach Gardens in Florida.
2.00 AM **Sky Sports News**
3.30 LIVE **Tennis** Coverage of the Eisenhower Cup, the Tie Break 10s mixed-doubles event at Indian Wells Tennis Garden in California.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** A look back at the 20/21 season.
3.00 **PL Retro** Manchester City v Manchester United from 2018.
5.00 **PL Best Goals 2009/10**
6.00 **Premier League 100: Dion Dublin** A look at the former Aston Villa forward's career.
6.30 **Premier League 100: Darren Bent** The striker looks back at his time in the top flight.
7.00 **Gillette Labs Soccer Special**
10.15 **Soccer Special Post-Match**
10.30 **Premier League Icons** A profile of midfielder Yaya Toure.
11.00 **Premier League Years** A chance to look back at a dramatic 2021/22 season.
1.00 AM **PL Retro** Manchester United v Manchester City from 2010/11.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2010/11**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup** The 2020 final.
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Scottish Premiership Goals** Archive highlights.
12.00 NOON **WSL** Recent action.
1.00 PM **Bundesliga Highlights**
2.00 **EFL Highlights** Championship.
2.30 **Scottish Premiership Round-Up**
2.45 **SPFL Highlights**
3.15 **EFL Highlights** Championship.
4.30 **Bundesliga Highlights Show**
5.30 **WSL** Recent highlights.
6.30 **Scottish Premiership Round-Up**
6.45 **SPFL Highlights**
7.15 **EFL Highlights**
7.30 LIVE **EFL Wycombe Wanderers v Burton Albion.** The League One match from Adams Park. Kick-off **8.00pm**.
10.30 **Scottish Premiership Round-Up**
10.45 **SPFL Highlights**
11.15 **WSL** Arsenal v West Ham United.
11.45 **EFL Greatest Games**
12.00 M'T **EFL** The 2014/15 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Best of ICC WT20**
6.30 **ICC Champions Trophy Cricket**
8.30 LIVE **ICC Champions Trophy Cricket** Coverage of the first semi-final staged at Dubai International Cricket Stadium, as the winner of one group and the runner-up of the other compete for a place in Sunday's final. In the corresponding match of the last tournament to be held in 2017, Pakistan won the toss and put England in to bat at Sophia Gardens in Cardiff, and then proceeded to bowl them out for 211. They then booked their place in the final by surpassing that meagre total after just 37.1 overs.
5.30 PM **Best of ICC WT20**
6.00 **ICC Champions Trophy Cricket**
10.00 **IPL** Highlights from Rajasthan Royals v Delhi Capitals.
11.00 **ICC Champions Trophy Cricket** Action from the first semi-final. **12.00** M'T Australia v England.
1.00 AM **WPL** Another chance to see UP Warriorz v Gujarat Giants.
4.40 **Best of James Anderson: 500th Wicket** Archive action.
4.50 **Ashes Greats** Andrew Flintoff.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Golf Academy**
9.00 **PGA Tour Golf** Highlights.
10.00 **DP World Tour Golf**
10.30 **Golf Academy**
11.30 **PGA Tour Golf** Recent action.
12.30 PM **DP World Tour Golf**
1.00 **TGL** Two match replays.
5.00 **On the Road with Iona Stephen** With Renee Powell.
6.00 **Golf's Greatest Holes**
6.30 **TGL** Two match replays.
10.30 **Golf's Greatest Holes**
11.00 **On the Road with Iona Stephen** With Renee Powell.
12.00 M'T LIVE **TGL Jupiter Links v Atlanta Drive.** The 15th match in the team competition staged at Palm Beach Gardens in Florida.
2.00 AM **PGA Tour Golf**
3.00 **DP World Tour Golf**
3.30 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tennis** Recent finals.
8.00 **WTA Tennis** Texas Open final.
9.00 **ATP Tennis** Santiago Open final.
10.00 **WTA Tennis** Recent action.
12.00 NOON **ATP Tennis** Highlights.
1.00 PM **Tennis** Miami Open finals.
3.00 **ATP Tennis** Rio de Janeiro Open.
4.00 **WTA Tennis** Action from Dubai.
5.00 **Tennis** The Doha Open finals. **7.00** Indian Wells Open finals. **9.00** The Miami Open finals.
11.00 **Tennis** Recent highlights.
3.00 AM **ATP Tour This Week**
3.30 LIVE **Tennis** Coverage of the Eisenhower Cup, the Tie Break 10s mixed-doubles event at Indian Wells Tennis Garden in California.
5.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Women's One-Day International Cricket New Zealand v Sri Lanka.** Coverage of the first ODI at McLean Park.
9.30 **Cycling: Omloop Het Nieuwsblad** From Belgium.
11.30 **Cycling: Kuurne-Brussels-Kuurne** Recent highlights.
12.30 PM LIVE **Cycling: Le Samyn** The one-day races in Belgium.
4.30 **Women's One-Day International Cricket**
5.30 **A-League Women Highlights**
6.00 **Isuzu A-League Highlights**
6.30 **The TNT Sports Cycling Show**
7.00 LIVE **UEFA Champions League** A last-16 first-leg.
10.45 **MotoGP Rewind**
11.00 **The TNT Sports Cycling Show**
11.30 **NBA on Fire** The latest news.
12.00 M'T **NBA Tip-Off** A look ahead.
12.30 AM LIVE **NBA New York Knicks v Golden State Warriors.** Coverage of the inter-conference match from Madison Square Garden. Tip-off **12.30am**.
3.00 LIVE **NBA Phoenix Suns v Los Angeles Clippers.** The Western Conference match from Footprint Centre. Tip-off **3.00am**.
5.30 **to 6.30** AM **Inside the NBA**

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **Snooker World Grand Prix** The first session of the first round from Hong Kong.
9.00 **Serie A** Action from Italy.
11.00 **Champions League Magazine**
11.30 LIVE **Snooker World Grand Prix** Coverage from the second session of the first round at Kai Tak Sports Park in Hong Kong.
3.30 PM **Crouchy and Cole**
3.45 **Premier League Reload**
4.00 **UEFA Europa League & Conference League Magazine**
5.00 **Champions League Magazine**
5.30 LIVE **UEFA Champions League** A last-16 first-leg.
7.45 LIVE **UEFA Champions League** A last-16 first-leg.
10.00 **1967: When LA Wolves Conquered the USA**
10.30 **Premier League Stories**
11.00 **Women's One-Day International Cricket**
12.00 M'T **Snooker World Grand Prix**
2.00 AM **Cycling: Le Samyn**
4.00 **Women's One-Day International Cricket**
5.00 **to 6.00** AM LIVE **Snooker World Grand Prix** Coverage of the third session of the first round staged at Kai Tak Sports Park.

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **Super League Highlights** Top-flight action.
1.00 PM **The Rugby Championship** New Zealand v Argentina.
3.00 **Fight Night International** A chance to see Junto Nakatani v David Cuellar Contreras.
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive** Iran Barkley v Roberto Duran in 1989.
6.15 **Super League** Wigan Warriors v Warrington Wolves staged at Allegiant Stadium in Las Vegas.
9.00 **Fight Night** Natasha Jonas v Marie Eve Dicaire from 2022.
10.00 **The Rugby Championship** New Zealand v Argentina from 2024 at Sky Stadium in Wellington.
12.00 M'T **Top Rank Boxing Archive** Marvin Hagler v John Mugabi. **1.00** AM A replay of Iran Barkley v Roberto Duran from 1989.
2.15 **Super League Highlights**
3.15 **Top Rank Boxing Archive**
4.00 **Super League**
4.45 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Super League** Wigan Warriors v Warrington Wolves. **9.30** A chance to see Leigh Leopards v Catalans Dragons.
12.30 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 **Sports Centre**
7.00 **Gillette Labs Soccer Special**
7.30 **EFL Greatest Games** AFC Wimbledon v Plymouth Argyle from the 2015/16 season.
7.35 LIVE **EFL Bolton Wanderers v Birmingham City.** Coverage of the League One match staged at the Toughsheet Community Stadium, as the teams meet for the second time this season. Games between these teams have been low-scoring affairs in recent times. The Blues won 2-0 in the reverse fixture last season, but no other match between these teams produced more than one goal in any given 90 minutes during the last decade. Kick-off **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.15 **Soccer Special Post-Match**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
11.30 **Super League** A match replay.
3.00 **to 6.00** AM **Super League**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League**
9.00 **Fight Night** Jonas v Dicaire.
10.00 **WPL** UP Warriorz v Gujarat Giants.
11.00 **ICC Champions Trophy Cricket**
12.00 NOON **Super League**
3.00 PM **The Gloves Are Off**
3.30 **Behind the Ropes**
4.00 **Fight Night** Jonas v Dicaire.
5.00 **ATP Tennis** Acapulco Open final.
6.00 **WTA Tennis** Texas Open final.
7.00 **Women's State of Origin**
8.00 **Fight Night** Natasha Jonas v Marie Eve Dicaire from 2022.
9.00 **WPL** UP Warriorz v Gujarat Giants.
10.00 **ICC Champions Trophy Cricket** India v New Zealand from Dubai International Cricket Stadium.
11.00 **Women's State of Origin**
12.00 M'T **Super League Highlights**
1.00 AM **Fight Night** Jonas v Dicaire.
2.00 **ATP & WTA Tennis**
4.00 **Fight Night** Jonas v Dicaire.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 874 529 410 432

6.00 AM **Classic Premier League**
7.00 **Premier League Netbusters**
7.30 **Premiership Women's Rugby**
9.30 **Isuzu UTE A-League**
3.30 PM **MotoGP** Action from the Moto3 Grand Prix of Thailand. **4.30** Highlights from the Moto2 Grand Prix of Thailand. **5.30** Action from the Grand Prix of Thailand sprint race. **6.00** Highlights from the MotoGP Grand Prix of Thailand.
7.00 **MotoGP Chequered Flag**
8.00 **Snooker World Grand Prix** Highlights of the opening day at Kai Tak Sports Park in Hong Kong.
10.00 **Ninja A-League Women Highlights** Recent action.
10.30 **Isuzu A-League Highlights**
11.00 **UEFA Europa League & Conference League Magazine**
12.00 M'T **UEFA Champions League**
3.00 AM **Serie A** Action from Italy.
5.00 **Isuzu A-League Highlights**
5.30 **to 6.00** AM **Ninja A-League Women Highlights**

TNT Sports 4

414 876 530 411 434

6.00 AM **Ski Mountaineering**
6.30 **Premiership Rugby Cup**
7.30 **WRC: More Than Machine**
9.00 **MotoGP** Grand Prix of Thailand.
10.00 **MotoGP Chequered Flag**
11.00 **Formula E Unplugged**
11.30 **Ski Mountaineering**
12.00 NOON LIVE **Cross Country Skiing** The men's 10km classic race in Trondheim,Norway.
1.30 PM **Ski Jumping** From Norway.
2.30 LIVE **Cross Country Skiing** Coverage of the women's 10km classic race in Trondheim, Norway.
4.00 **Serie A** Action from Italy.
6.00 **NBA Action** Highlights.
6.30 **NBA on Fire** The latest news.
7.00 **Cycling: Le Samyn**
9.00 **Fight Week** UFC 313 preview.
9.30 **UFC** Kape v Almabayev.
12.30 AM **UFC Fight Flashback**
1.00 **Formula E Flashback**
1.30 **MotoGP** Grand Prix of Thailand.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

Premier Sports 1

419 551

6.00 AM **URC in 60** Highlights.
7.00 **Transworld Sport** Magazine.
8.00 **Asian Le Mans Series**
9.00 **LaLiga Highlights**
10.00 **World Surf League**
11.00 **Football Highlights**
12.30 PM **Rugby Union Highlights**
2.00 **LaLiga News**
2.30 **Jordan Half Marathon**
3.00 **LaLiga Highlights**
4.00 **Asian Le Mans Series**
5.00 **URC in 60** Highlights.
6.00 **Viva LaLiga** The latest news.
7.30 **Top 14 Rugby Union Highlights**
8.00 **LaLiga Highlights**
9.00 **Transworld Sport** Magazine.
10.00 **Scottish Football Social Club**
11.00 **World Surf League**
12.00 M'T **Top 14 Rugby Union**
12.30 AM **NHL: This is Hockey**
1.00 LIVE **NHL Ice Hockey Dallas Stars v New Jersey Devils.**
4.00 **Sporting Countdowns**
4.30 **Sporting Greats**
5.00 **to 6.00** AM **Asian Le Mans**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Rayo Vallecano v Sevilla.
10.00 **NHL Ice Hockey** Florida Panthers v Tampa Bay Lightning.
12.00 NOON **Football's Greatest**
1.00 PM **United Rugby Championship** Another chance to see Leinster v Cardiff.
3.00 **LaLiga** Another chance to see Atletico Madrid v Athletic Bilbao.
5.00 **Football's Greatest**
5.30 **United Rugby Championship** A replay of Munster v Edinburgh. **7.30** Glasgow Warriors v Ospreys.
9.30 **NHL Ice Hockey** Florida Panthers v Tampa Bay Lightning.
11.30 **NHL: This is Hockey**
12.00 M'T LIVE **NHL Ice Hockey Boston Bruins v Nashville Predators.** Coverage of the inter-conference match from TD Garden. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

406 516 506 424 444

6.00 AM **Testing Wrap**
6.30 **Ted's Notebook**
7.00 **Seaplanes & Helicopters**
7.25 **F1 Explained – Timings**
7.30 **Formula 1** Season highlights.
8.00 **Testing Wrap** From Bahrain.
8.30 **Ted's Notebook**
9.00 **F1 & the Silver Bullet**
9.15 **Formula 1** From Bahrain.
1.30 PM **The F1 Wheelchair**
1.45 **Vettel's Litter Challenge**
1.55 **F1 Explained – Banking**
2.00 **Formula 1** Action from Bahrain.
6.10 **Driven By Us**
6.20 **How to Keep Cool in F1?**
6.30 **Testing Wrap** From Bahrain.
7.00 **Ted's Notebook**
7.30 **Formula 1** Season highlights.
8.00 **The Rookies** Documentary.
9.00 **Indycar** Action from Florida.
10.00 **Indy NXT** Highlights.
11.30 **F1 Show 2024 Season Review**
1.00 **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

SKY HD SD VIRGIN HD EE HD

Wednesday 5 March

Evening Planner

Drama

A Cruel Love: The Ruth Ellis Story
ITV1, 9pm (box set, ITVX)
Lucy Boynton stars in this drama about the last woman to be executed in the UK.

Entertainment

Rob Beckett's Smart TV
Sky Max & Sky Showcase, 9pm
Rob, Alison and Josh return with another series of the panel show, with guests including Danny Dyer and Motsi Mabuse.

Crime Drama

Miss Scarlet
U&Alibi, 9pm (box set, U)
As the detective drama returns, Eliza has to forge a working relationship with new Detective Inspector, Alexander Blake.

OnDemand

Daredevil: Born Again
Available today
Charlie Cox reprises his role as blind lawyer Matt Murdock for this series set in the Marvel universe.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Amandaland	9.30 Am I Being...	10.00 News; Local News	10.40 UEFA...
	102 BBC2	7.00 Rishi Sunak – Lessons from Downing...		8.00 Great British Menu		9.00 Surgeons: At the Edge of Life		10.00 The Cockfields	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 A Cruel Love: The Ruth Ellis Story		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Get Millie Black		10.00 Seeking Satoshi: The Mystery Bitcoin...	
	105 CHANNEL 5	7.00 Shop Smart, Save Money		8.00 Charity Scams: Don't Get Caught Out		9.00 Prime Suspect: Hunting the Predators			10.30 Casualty 24/7...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year		9.00 Rob Beckett's Smart TV	9.50 Micky Flanagan – An' Another Fing Live		
ENTERTAINMENT	115 BBC3		7.15 Top Gear		8.20 Ghosts US	9.00 Zara McDermott: Disordered Eating		10.00 Disclosure: Kids on the Psychiatric...	
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Himalaya with Michael Palin		9.00 Being Bridget Jones		10.00 The Ruth Ellis Files: A Very British...	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Griff's Great Australian Rail Trip		10.00 Car S.O.S.	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Married at First Sight Australia			10.35 Gogglebox
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Matlock		9.00 The Equalizer		10.00 Elsbeth	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.50 Game of Thrones		9.00 The White Lotus			10.10 Homicide: Life on the Street
	110 U&GOLD	7.00 Still Open All Hours	7.40 Dad's Army			9.00 Gavin & Stacey			10.20 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Endeavour	
	120 ITV4	7.00 The Motorbike Show		8.00 British Rally Championship		9.00 Film: Live and Let Die			10.10 Film: Live and Let Die
	112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Alan Carr Live: Spexy Beast		10.00 8 Out of 10 Cats	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own US Road Trip		9.00 Rob Beckett's Smart TV	9.50 Hacks		
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Miss Scarlet		10.00 Death in Paradise	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year		9.00 Artist of the Year: Masterclass		10.00 Bill Bailey's Master Crafters: The Next...	
	132 U&W	7.00 MasterChef USA		8.00 Cops on the Rock		9.00 Hungry for It			10.15 At Home with Katherine...
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Gold Divers		10.00 America's Backyard Gold	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Deadliest Sharks		9.00 Shark Alley: Legend of Dynamite		10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 No Taste Like Home with Antoni...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 UFOs: The Lost Evidence		9.00 The Curse of Oak Island		10.00 UFO Town	
	155 U&YESTERDAY	7.00 The Boat That Guy Built		8.00 Great Coastal Railway Journeys		9.00 Great Canal Journeys		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 The Body Next Door					
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 Thelma		8.00 Fight or Flight			9.45 Black Dog		
	302 ULTIMATE ACTION	◂ 5.45 Jack Reacher		8.00 Bad Boys II					10.30 S.W.A.T.
	303 HITS	◂ 6.05 Superbad		8.00 Knocked Up				10.10 No Hard Feelings	
	304 WOMEN IN FILM	◂ 6.00 Madame Web		8.00 Wonder Woman					10.25 Zero Dark Thirty
	305 ANIMATION	◂ 5.45 Trolls	7.20 Dr Seuss' The Lorax			8.50 Mavka: The Forest Song			
	306 KIDS BOOKS	◂ 6.00 The NeverEnding Story		7.50 Angus, Thongs and Perfect Snogging			9.45 The Portable Door		
	307 MARTIAL ARTS	◂ 6.15 Hero		8.00 The Equalizer 3				9.55 Oldboy	
	308 COMEDY	◂ 6.30 Disaster Movie		8.00 The Truman Show				9.55 Sausage Party	
	309 THRILLER	◂ 6.30 One Day as a Lion		8.00 Ocean's Thirteen				10.10 John Wick	
	310 DRAMA	◂ 6.15 Lady Bird		8.00 One Life				10.00 She Came to Me	
	311 SCI-FI	◂ 6.00 War of the Worlds		8.00 Ready Player One					10.25 Resident Evil...
	313 FILM4	◂ 6.40 Jumanji: Welcome to the Jungle				9.00 Nightmare Alley			
SPORT	401 MAIN EVENT	7.00 Football: WSL – Live: Chelsea v Leicester City (Kick-off 7.30)						10.00 Off Limits	10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL 100	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 PL 100	10.00 PL Icons	
	403 FOOTBALL	7.00 Football: WSL – Live: Chelsea v Leicester City (Kick-off 7.30)						10.00 EFL Greatest...	10.30 EFL Highlights
	404 CRICKET	7.00 ICC Champions Trophy Cricket						10.00 IPL	
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Coverage of a last-16 match							10.30 UEFA...
	411 TNT SPORTS 2	7.00 UEFA Champions League – Live: Coverage of a last-16 match							10.30 MotoGP...

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team help Jess make space in her cramped home. (S)
2.30 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **Make It at Market** New edition Signwriting and metal sculpture. (S)
4.30 **Antiques Road Trip** New edition Antique-hunting in Cambridgeshire and Northamptonshire. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Amandaland

7 PM

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Nicola is in possession of important information and there's a big fall out between two family members. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition The experts try to restore a carved wooden village sign, a handmade organ crafted from cardboard, a rusted-up shop till from the 1960s and some cinema seats from the 1940s. (S)(AD)

9 PM

9.00 **Amandaland** New episode 5/6. Anne organises a camping trip. (S1) (S)
■ Entire series on BBC iPlayer
9.30 **Am I Being Unreasonable?** New episode 5/6. Sparks fly between Nic and Jen. (S2) (S)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day: Champions League** Action from the last-16 first-leg matches, as the top eight teams in the league phase, including Liverpool, Aston Villa and Arsenal, played away against the winners of the play-off matches, such as Bayern Munich and Benfica. (S)
12.00 M'T **The Six Nations Greatest Moments** New edition A look back at a historic moment at Croke Park in 2007, as Ireland hosted England. Plus, France's record-breaking performance away to the English at Twickenham in 2013. (S)
12.30 AM **Weather for the Week Ahead**
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** With Anne Hegerty and Shaun Wallace. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **The Farmers' Country Showdown** From the Mid Devon Show. (S)(R)
3.45 **The Great Rift: Africa's Wild Heart** East Africa's grasslands. (S)(R)(AD)
4.45 **Designing the Hebrides** (S)(R)(AD)
5.15 **Flog It!** In Wolverhampton. (S)(R)
6.00 **Richard Osman's House of Games** New editions Double bill of the quiz show, with Jimi Famurewa, Harriet Kemsley, Colin Murray and Sara Pascoe. (S)

9.00 Surgeons: At the Edge of Life

7 PM

7.00 NEW **Rishi Sunak: Lessons from Downing Street** The BBC's Nick Robinson sits down with former UK Prime Minister Rishi Sunak to talk about his time in office. (S)

8 PM

8.00 **Great British Menu** New edition Three chefs from central and eastern England cook mains and desserts that celebrate Great Britons from their region. With judge Tommy Banks. (S)
■ Continues tomorrow

9 PM

9.00 **Surgeons: At the Edge of Life** New edition 2/6. At Edinburgh's Western General Hospital, consultant colorectal surgeon Danielle Collins operates on a patient who has an aggressive tumour that has doubled in size in two months. (S)(AD)

10 PM

10.00 **The Cockfields** *Monday:* 6/6. Simon and Esther keep their news a secret from his parents. (S2) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Unspun World with John Simpson** A look at the week's major global news stories. (S)
11.35 **Israel and the Palestinians: The Road to 7th October** 2/3. The clashes between Barack Obama and Benjamin Netanyahu. (S)(R)
12.35 AM **Sign Zone: Great British Menu** Chefs from Wales cook canapes, starters and fish dishes. (S)(R)
1.35 **Sign Zone: Death in Paradise** (R)
2.35 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tour de Fred: Northern Ireland** New edition 3/5.The latest stage of Fred Sirieix's gastronomic tour takes him to Belfast, where he visits Titanic Belfast and the International Wall. (S)
3.00 **Lingo** Word-based game show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** Jacob suffers a panic attack at work, Sarah worries that she could be pregnant, and Vanessa feels guilty. (S)(AD)

8 PM

8.00 **Coronation Street** Daisy and David are both hit by a car and lie badly injured in the street, while Kit encourages Daniel to find out who the father is. (S)(AD)

9 PM

9.00 NEW SERIES **A Cruel Love: The Ruth Ellis Story** 1/4. Drama based on the story of the last woman to be hanged in the UK. Stars Lucy Boynton and Toby Jones. *See feature, page 4.* (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Made in Britain** How Stilton cheese is made at an award-winning family-run dairy. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Tonight: War – Would Britain Be Ready?** An assessment of the UK's defence strategy. (S)(SL)(R)
3.25 **For the Love of Dogs with Alison Hammond** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Judi Love's Culinary Cruise** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 20-22/25. (S3) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S9&10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Pennsylvania. (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The third visit of the week is to Tin Can Retreat in Ceredigion. (S)
5.30 **Come Dine with Me** New edition Drag artist Aodhan hosts a horror-themed dinner party on the third night in Belfast. (S)
6.00 **A Place in the Sun** New edition Ben Hillman helps a couple find a holiday home in Granada, Spain, on a budget of £100,000. (S)

9.00 Get Millie Black

7 PM

7.00 **News** (S)

8 PM

8.00 **Kirstie and Phil's Love It or List It** New edition Kirstie Allsopp returns to Shropshire to catch up with Jamie Lea and Curtis, a couple who struggled in 2019 to decide whether to renovate or sell their home. (S)(AD)

9 PM

9.00 NEW SERIES **Get Millie Black** 1/5. Thriller. An ex-Scotland Yard detective returns to Jamaica, where a missing persons case threatens to blow her world apart. Stars Tamara Lawrance. *See feature, page 7.* (S1) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **Seeking Satoshi: The Mystery Bitcoin Creator** Series finale 2/2. Gabriel Gatehouse searches for the creator of Bitcoin, potentially one of the richest people on the planet, who has not been heard from since 2011. (S)(AD)
11.10 **24 Hours in A&E** (S)(R)(AD)
12.10 AM **Super Surgeons: A Chance at Life** (S)(SL)(R)(AD)
1.05 **Skinny Jab Scandal: Dispatches**
2.00 **Ramsay's Hotel Hell** (S)(SL)(R)
2.45 **The Fear Clinic: Face Your Phobia** (S)(SL)(R)(AD)
3.40 **Kirstie's Fill Your House for Free**
3.55 **Kirstie and Phil's Love It or List It** From Northumberland. (S)(SL)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Medical documentary. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **The Body in the Attic** Thriller starring Abigail Hawk. (S) (2023, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Mary hosts a fundraising event for a local animal charity, while Ant prepares for his housewarming party. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The Pedigree Chums try their luck. (S)(R) **6.30** Team Wiki Woo take on the quiz experts. (S)(R)
6.55 **News** (S)

9.00 Prime Suspect: Hunting...

7.00 **Shop Smart, Save Money** New edition Gaby Roslin and Ortis Deley take a look at coffee machines with three coffee-loving teachers who trial three models. (S)
7.55 **News** (S)
8.00 NEW **Charity Scams: Don't Get Caught Out** The team take on the scammers who target the people making the world a better place – charities, campaigners for good causes and supporters. (S)
9.00 **Prime Suspect: Hunting the Predators** New edition 2/3. Investigating the crimes of serial catfish, blackmailer and convicted child abuser Anthony Burns, who controls and abuses his victims with deception and threats. (S)
10.30 **Casualty 24/7: Every Second Counts** A 74-year-old with breathing difficulties is rushed into Barnsley Hospital, and registrar Dr Nick Mani considers placing the patient in a medically-induced coma to stabilise him. (S)(R)
11.30 **999: Critical Condition** (S)(R)
12.30 AM **Friends** (S1) (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S1) (S)(R)(AD)
3.50 **Happy Campers: The Caravan Park** Documentary. (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S3) (S)(R)
11.00 **Super Shark Highway** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Fat and the Furriest:* Homer gets humiliated by a wild bear. (S)(R) **5.30** *500 Keys:* Lisa finds a classroom hidden beneath Springfield Elementary. (S)(R)
6.00 **The Office (US)** 1/25. Two new faces in the workplace become known as 'the New Dwight' and 'the New Jim'. (S)(R) **6.30** 2/25. Jim and Pam get a surprising invitation to Roy's wedding. (S9) (S)(R)

9.00 Rob Beckett's Smart TV

7.00 **The Simpsons** *Today I Am a Clown:* Homer gets his own talk show. (S)(R) **7.30** *Marge v Singles, Seniors, Childless Couples and Teens, and Gays:* Marge tries to halt a campaign against children. (S)(R)
8.00 **Landscape Artist of the Year** New edition Portsmouth Historic Dockyard is the backdrop to the stunning HMS *Warrior* as the semi-finalists and 50 wildcard artists compete. (S)
9.00 NEW SERIES **Rob Beckett's Smart TV** With guests Richard Osman, Danny Dyer, Motsi Mabuse and Richard Ayoade. *See feature, page 12.* (S)(AD)
9.50 **Micky Flanagan: An' Another Fing Live** A stand-up show recorded at London's O2 Arena, with the Cockney comedian covering topics from the French and marriage, to Saga holidays with his dad and his love of Mary Berry. (S)(R)
11.35 **Hacks** 7/10. Deborah and Marty put their differences aside for the night. (S)(R)(AD) **12.15** AM 8/10. Deborah experiences a career-defining moment. (S1) (S)(R)(AD)
12.55 **An Idiot Abroad** 5/8. Karl heads to Egypt. (S)(R)(AD)
1.50 **Road Wars** (R)
3.10 **NCIS: Los Angeles** (S13) (S)(R)
4.05 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **12.00m't** Debate Night (S)(R) **1.00am** Scotcast (S)(R) **1.30** The Six Nations Greatest Moments New edition (S) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Nolan Live New edition (S) **11.40** Match of the Day: Champions League (S) **1.00am** The Six Nations Greatest Moments New edition (S) **1.35-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Top 5s New edition (S) **11.10** Match of the Day: Champions League (S) **12.30am** The Six Nations Greatest Moments (S)(R) **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Spotlight: Those Who Want Me Dead (S)(R) **11.50** Unspun World with John Simpson (S) **12.20-12.35am** The Chronicles of Mourne (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno **1.00** Codi Hwyl America **1.30** Cegin Bryn: Yn Ffrainc **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sain Ffagan **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Cartrefi Cymru Series finale **8.55** Newyddion a'r Tywydd **9.00** Troseddau Cymru Gyda Sian Lloyd New edition (AD) **10.00** 24 Awr Newidiodd Gymru **10.45-11.45pm** Gwesty Aduniad

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Zen Motoring** Ogmios tests out his prototype 'gentle beep'.
7.15 **Top Gear** With Formula One driver Lewis Hamilton.
8.15 **The Catch Up**
8.20 **Ghosts US** 17/22. Elias Woodstone returns to the mansion in the hope of staying out of Hell for good. **8.40** 18/22. A young woman comes to Woodstone to learn more about Alberta. (S2)
9.00 **Zara McDermott: Disordered Eating** Exploring the huge rise in eating disorders among children and young people.
10.00 **Disclosure: Kids on the Psychiatric Ward** Six young women tell their experiences of adolescent psychiatric wards.
11.00 **Normal People**
12.00 M'T **Boot Dreams: Now or Never** Documentary.
1.00 AM **Top Gear** As 7.15pm.
2.00 **Disclosure: Kids on the Psychiatric Ward**
3.00 **to 4.00** AM **Boot Dreams: Now or Never**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** From St Paul's Cathedral in London.
7.30 **Who Do You Think You Are? USA** Actor Jennifer Grey traces her ancestry.
8.00 **Himalaya with Michael Palin** 6/6. Michael reaches the end of his journey.
9.00 **Being Bridget Jones** Documentary celebrating Helen Fielding's hapless creation, examining how the ways in which female writers have told their own stories have evolved since Bridget's debut in 1996.
10.00 **The Ruth Ellis Files: A Very British Crime Story** 1/3. Gillian Pachter examines the case of the last woman to be hanged in Britain
11.00 **Fairies: Play of the Week**
12.05 AM **Monitor – Pop Goes the Easel** Documentary.
12.50 **Climbing Great Buildings**
1.20 **Who Do You Think You Are? USA** As 7.30pm.
1.50 **Lee Miller: A Life on the Front Line** Documentary.
2.50 **to 3.50** AM **Himalaya...**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed** Five editions of the B&B challenge.
4.50 **Chateau DIY** Janet and Philip are pushed to their breaking point.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a Mazda MX5. **6.55** Fuzz and Tim work on a 1991 Range Rover.
7.55 **Grand Designs** Kevin McCloud meets Colin and Marta, who are taking on an ambitious project to build a bespoke metal home next to an airfield runway, but their plans are hit by bad weather.
9.00 **Griff's Great Australian Rail Trip** New edition 4/6. The latest leg of Griff Rhys Jones' journey begins on the Gold Coast, and snakes up the coast to the city of Rockhampton, one of the oldest cities in the state and the beef capital of Australia.
10.00 **Car S.O.S** Fuzz Townshend and Tim Shaw work to restore one of the most divisive British sports cars ever made – a Triumph TR7.
11.05 **24 Hours in A&E**
1.15 AM **Emergency Helicopter Medics**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.35 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** The police search Jez's allotment.
7.30 **Modern Family** 17/24. Phil meets his former high-school girlfriend. (S1)
8.00 **The Simpsons** *Beyond Blunderdome:* Hollywood star Mel Gibson asks Homer to help re-edit his latest film. **8.30** *Brother's Little Helper:* Bart is put on medication.
9.00 **Married at First Sight Australia** New edition Sierah and Billy find an immediate connection.
10.35 **Gogglebox** Opinions on *Line of Duty* and *Countdown*.
11.35 **First Dates**
12.40 AM **Married at First Sight Australia** As 9.00pm.
2.10 **Gogglebox**
3.05 **Abbott Elementary**
3.30 **The Goldbergs**
4.20 **The Neighborhood**
4.50 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime primetime

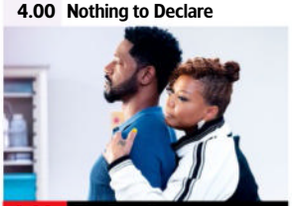
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **New Amsterdam** 8/13. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S1)
2.00 **Chicago Fire** 8/22. Pryma asks for Severide's help on a case, and the team encourage Brett to start dating again. (S11)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**


9.00 The Equalizer

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Matlock** *The Rabbit and the Hawk:* 4/10. Olympia asks Matty to get closer with a client. (S1)

9 PM

9.00 **The Equalizer** New episode *Sacrifice:* The team rescue a hacker who is being forced to work for criminals. (S5)

10 PM

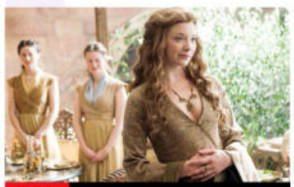
10.00 **Elsbeth** *Sweet Justice:* 9/10. A bar owner seeks revenge on behalf of a bullied customer. (S1)
11.00 **The Rookie** 13/22. (S4)
12.00 M'T **Law & Order: Organized Crime** 17/22. (S2)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **The Good Doctor** 3/18. (S2)
3.00 **The Rookie: Feds** 13/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets** Double bill.
8.00 **True Blood** 6&7/12. (S3)
10.00 **Six Feet Under** 1&2/13. (S1)
12.20 PM **Game of Thrones** (S5)
1.25 **Big Love** 4&5/10. (S5)
3.35 **True Blood** 6/12. Tara tries to escape from Franklin.
4.40 7/12. Sookie takes action to save Bill. (S3)
5.40 **Six Feet Under** 1/13. Pilot episode of the drama about a family who run a funeral home.
6.50 2/13. Nate and David are given joint ownership of the funeral business. (S1)


7.50 Game of Thrones

7.50 **Game of Thrones** *High Sparrow:* 3/10. Queen Margaery spends time with her new husband King Tommen, and fugitive Tyrion walks the Long Bridge of Volantis. (S5)

9.00 **The White Lotus** *The Meaning of Dreams:* 3/8. Comedy drama following the dark secrets of the guests and staff at a resort in Thailand. (S3)

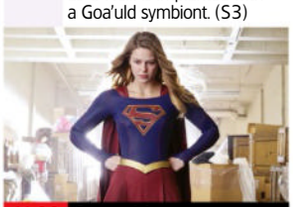
10.10 **Homicide: Life on the Street** *Nearer My God to Thee:* 1/20. A Good Samaritan is killed. (S3)
11.10 **Gangs of London** 8/9. (S1)
12.10 AM **Succession** 7/10. Shiv shows up in search of answers.
1.20 8/10. The entire Roy clan travels to Dundee. (S2)
2.35 **Band of Brothers** 6/10. (S1)
3.55 **Game of Thrones** As 7.50pm.
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Flash** 2/20. (S8)
9.00 **Stargate SG-1** 1&2/22. (S3)
11.00 **Supergirl** 11/20. (S1)
12.00 NOON **The Flash** 3/20. (S8)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 14/20. (S5)
5.00 **Supergirl** 10/20. (S1)
6.00 **Stargate SG-1** 1/22. Part two of two. Imprisoned on Hathor's planet, Carter and Jackson watch helplessly as O'Neill is implanted with a Goa'uld symbiont. (S3)


11.00 Supergirl

7.00 **Stargate SG-1** *Seth:* 2/22. The team pursue Goa'uld Lord Seth, who is masquerading as the leader of a cult. (S3)

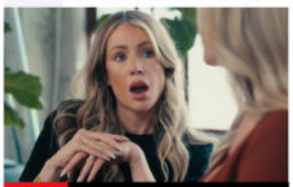
8.00 **A League of Their Own US Road Trip** 1/4. Jamie Redknapp, Jack Whitehall and Andrew Flintoff travel across America.

9.00 NEW SERIES **Rob Beckett's Smart TV** Comedy panel show. *See feature, page 12.*
9.50 **Hacks** 7/10. Deborah and Marty put their differences aside.
10.30 8/10. Deborah experiences a career-defining moment. (S1)
11.10 **Strike Back: Vengeance** 9/10. Stonebridge finds an opportunity to avenge his wife's death. (S3)
12.10 AM **The Force: Manchester** A man is violently assaulted.
1.10 **Road Wars** Double bill.
3.10 **NCIS: Los Angeles** (S13)
4.05 **Magnum P.I.** 14/20. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 6/22. Billie suffers painful childhood flashbacks while fighting a demon. (S8)
4.00 **Gilmore Girls** 5/22. Lorelai tries to arrange a date. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Joe Lycett, Chizzy Akudolu and Nick Knowles.


10.00 Getting Filthy Rich

7.00 **Deal or No Deal** Stephen Mulhern hosts as Ryan takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** 3/6. The duo host as husband and wife team Matt and Hannah take on the money ladder.

9.00 **Hell's Kitchen** New edition The chefs start to feel the heat when faced with a pasta challenge.

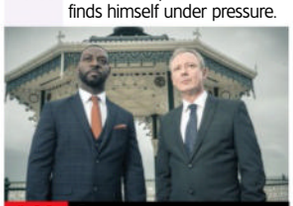
10.00 **Olivia Attwood: Getting Filthy Rich** 5/6. Olivia finds out how much top earners on the OnlyFans platform make.
11.05 **Family Guy** 11/18. Stewie is convinced he has skin cancer.
11.35 6/18. Lois becomes a sex education teacher. (S5)
12.05 AM **American Dad!** (S2)
1.05 **Bob's Burgers** (S11 & 13)
2.05 **The Emily Atack Show**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *On the Road.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *The Dead of Jericho:* First-ever episode of the drama. starring John Thaw. The detective meets his new sergeant and investigates a mysterious suicide.
5.55 **Heartbeat** *Speed:* Merton finds himself under pressure.


8.00 Grace

6.55 **Heartbeat** *Dog Days:* PC Steve Crane is shocked to discover Peter Pyke's warehouse has gone up in smoke.

8.00 **Grace** *Dead Man's Time:* Branson and Grace investigate a brutal robbery at a house where thousands of pounds worth of antiques were stolen and the owner left fighting for her life.

10.00 **Endeavour** *Pylon:* The detective is reunited with his former CID colleagues when he finds the body of a missing schoolgirl.
12.00 M'T **Trial & Retribution** 4/10. Connor and her team struggle to find a lead in the case as the death toll increases, and their only suspect is killed before they can quiz him. (S10)
1.15 AM **Never the Twain**
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught** How detectives have solved complex cases.
8.00 **Paramedics on Scene** An Oban woman suffers a severe allergic reaction.
9.00 **Debate Night** New edition Topical discussion on the big issues affecting Scotland and beyond.
10.00 **River City** New episode A fragile Tyler is put to the test by Harry.
10.30 **The Agency: Unfiltered** Series finale 6/6. It's crunch time at the agency's Halloween party when the winner is announced. (S3)
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **The Disasters That Shocked Scotland** The 1971 Ibrox disaster.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Avenue 5** (S1)
9.10 **The Conners** (S5)
10.10 **Vice Principals** (S1)
11.25 **Eastbound & Down**
12.35 PM **Curb Your Enthusiasm** (S2&3)
1.55 **Vice Principals** (S1)
3.10 **Eastbound & Down**
4.25 **Avenue 5** 1&2/9. (S1)
5.40 **The Office (US)** (S9)
6.40 **The Conners** (S5)
7.40 **Curb Your Enthusiasm**
9.00 **Entourage** 5/12. Ari finds himself in trouble with his wife.
9.30 6/12. E tries to get back in Ashley's good books. (S6)
10.05 **Micky Flanagan: An' Another Fing Live** Stand-up show recorded at London's O2 Arena.
11.50 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.50 AM **Sex and the City**
2.20 **Mr Mayor** (S2)
3.15 **Eastbound & Down**
4.25 **to 5.00** AM **Avenue 5**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **The Nutcracker**
7.50 **Watercolour Challenge**
8.50 **Tales of the Unexpected**
9.55 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Charles Hazlewood: Beethoven & Me**
3.00 **Discovering**
4.00 **Portrait Artist 2021**
5.00 **Tales of the Unexpected**
6.00 **Artist of the Year: Masterclass** New editions Double bill.
7.00 **Alfred Hitchcock Hour**
8.00 **Landscape Artist of the Year** New edition
9.00 **Artist of the Year: Masterclass** Double bill.
10.00 **Master Crafters**
11.00 **From the Vaults**
12.00 M'T **Classic Albums**
1.00 AM **Bowie: The Man Who Changed the World**
3.00 **Urban Myths**
4.00 **Skinner & Mina's Literary Road Trip**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **The Force: Manchester**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 17/26. (S7)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** (S4)
8.00 **Landscape Artist of the Year** New edition The semi-finalists and wildcard artists compete at Portsmouth Historic Dockyard.
9.00 **The Rookie** (S2)
11.00 **Britain's Most Evil Killers** Ali Qazimaj.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Backyard Builds** New edition DIY series.
8.10 **Chloe Madeley: A Family Affair**
9.10 **Gary Barlow's Wine Tour: South Africa**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Chloe Madeley...**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Gary Barlow's Wine...**
8.00 **Dinner Date**
9.00 **The Real Housewives Ultimate Girls' Trip**
10.10 **The Only Way Is Essex**
11.15 **Botched** Medical series.
12.05 AM **The Only Way Is Essex** Reality series.
1.10 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 17/22. (S3)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 22/22. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 13-16/24. (S2)
9.00 **Randall and Hopkirk (Deceased)** *All Work and No Pay:* 3/26. Jeannie enlists the help of spiritualists. (S1)
10.00 **The Avengers** *Return of the Cybernauts:* 17/24. Steed and Emma must face the cybernauts again. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.00 **Robin of Sherwood**
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots** New edition Fan favourites including Whiplash and HyperShock return.
12.30 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Sweeney**
6.00 **Beat the Chasers**

6.00 Beat the Chasers

7.00 **The Motorbike Show** Henry Cole rides across the heart of Kent, from the White Cliffs of Dover to Whitstable.

8.00 **British Rally Championship** Highlights from the East Riding Stages Rally, the opening round of the season.

9.00 FILM **Live and Let Die** James Bond adventure starring Roger Moore. British secret agent 007 tackles a mastermind who is planning to flood the US with heroin. With Jane Seymour. (1973, PG, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Wrestling: AEW Collision**
1.35 AM **Dark Side of the Ring** New edition A profile of Johnny K9, who led a double life as an in-ring brute and the leader of a biker gang accused of a number of serious crimes.
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 8/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 23/26. (S6)
2.00 **Warehouse 13** 4/20. (S4)
3.00 **Stargate SG-1** 16/20. (S9)
4.00 **Star Trek: Voyager** 6/26. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 8/26. Riker wakes up 16 years in the future as the captain of the *Enterprise*. (S4)

8.00 Stargate SG-1

7.00 **Warehouse 13** *There's Always a Downside:* 4/20. Pete and Claudia reunite with Hugo to track down a deadly artefact. (S4)

8.00 **Stargate SG-1** *Off the Grid:* 16/20. The team try to do a deal with the Lucian Alliance, but the mission goes awry. (S9)

9.00 **Grimm** *The Waking Dead:* 21/22. Adalind makes a dangerous bargain with Stefania to regain her supernatural powers. (S2)

10.00 **The Walking Dead** *Too Far Gone:* 8/16. Rick and the group find themselves facing imminent danger. (S4)

11.00 FILM **Pompeii** Roman-era disaster movie starring Kit Harington and Emily Browning. (2014, 12, 104min) ★★
1.00 AM FILM **Jurassic Domination** Horror adventure starring Jack Pearson and Eric Roberts. (2022, PG, 90min) ★★
3.00 **Chucky** 6/8. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 12/16. (S4)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 12/16. An island community is caught up in a resettlement dispute. (S4)
6.00 **Father Brown** *The Hermit of Hazelnut Cottage:* Brenda becomes embroiled in a local dispute that ends in murder.

9.00 Miss Scarlet

7.00 **The Mentalist** *Black Cherry:* 9/22. The CBI investigate the murder of an estate agent who used to be in a gang. (S5)

8.00 **White Collar** *At What Price:* 1/13. Peter finds himself facing murder charges – and only Neal can clear his name. (S5)

9.00 NEW SERIES **Miss Scarlet** *The Rival:* 1/6. The crime drama returns. *See feature, page 12.* (S5)
■ Entire series on U

10.00 **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the Caribbean detective drama starring Ben Miller. (S1)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 8/24. Holmes is asked to investigate a bombing in New York. (S1)
1.55 **So Help Me Todd** 7/10. (S2)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.05 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Still Open All Hours**
11.00 **Last of the Summer Wine**
12.20 PM **The Green Green Grass**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Still Open All Hours**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **The Green Green Grass**
6.20 **Are You Being Served?**

9.00 Gavin & Stacey

7.00 **Still Open All Hours** Granville tries to reunite Eric and Cyril after they fall out over a compass.
7.40 **Dad's Army** Mainwaring puts the defence of the realm before his pride.
8.20 The platoon have their hands full with two German prisoners.

9.00 **Gavin & Stacey** Stacey goes on a hen party, and Gavin embarks on two stag nights.
9.40 The day of Gavin and Stacey's wedding arrives.
10.20 **The Fast Show** Ted and Ralph discuss overalls.
11.00 **Bottom** Richie and Eddie's TV set is repossessed.
11.40 **Inside No 9**
12.20 AM **Here We Go**
1.00 **Gavin & Stacey** As 9.00pm.
1.35 **The Fast Show** As 10.20pm.
2.20 **Bottom** As 11.00pm.
2.55 **Inside No 9**
3.25 **to 4.00** AM **Alma's Not Normal**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.20 AM **Anthony Bourdain: Parts Unknown** Anthony treks to the Chiang Mai province of Northern Thailand.
8.00 **The Force: Behind the Line**
10.00 **American Pickers: Best Of**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Toy Stories**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate the nation's shellfish.
6.00 **Rick Stein's Spain** Rick travels to the land of El Cid and into the La Mancha region.

6.00 Rick Stein's Spain

7.00 **Would I Lie to You?** With Clare Balding, Rhod Gilbert, Rob Delaney and Nick Grimshaw.
7.40 **Richard Osman's House of Games** With Philippa Perry and Luke Kempner.
8.20 Edith Bowman, Fern Brady, Will Kirk and Martin Lewis take part.

9.00 **QI XL** Richard Osman Rachel Parris and Romesh Ranganathan join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with comedian Ria Lina and journalist Tim Shipman.
11.00 **Taskmaster** Joe Lycett shows no mercy to a camel.
12.00 M'T **Mock the Week** With Maisie Adam, Angela Barnes, Jen Brister and Rhys James.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** From London.
7.00 **All Aboard! Scotland's Poshest Train** Alan Cumming visits the sacred island of Iona.
8.00 **The Dog House** A farmer seeks a tractor cab companion.
9.00 **Top Guns: Inside the RAF** The RAF struggle to keep a new jet under wraps from aviation fans across the UK.
10.00 **Super Surgeons: A Chance at Life**
11.00 **999: On the Front Line**
12.05 AM **Gogglebox**
2.05 **Britain's Most Expensive Houses**
3.10 **Our Welsh Chapel Dream** Property series.
4.05 **to 4.35** AM **Jamie's One-Pan Wonders**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 18-20/24. (S11)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *House Rules:* 10/24. McGee and Abby hunt cyber-terrorists.
7.00 *Check:* 11/24. The team investigate a series of crime scenes that appear to be copycats of previous cases.
8.00 *The Enemy Within:* 12/24. The kidnapping of an American social worker in Syria is linked to a US citizen. (S12)
9.00 **Criminal Minds** *'Til Death Do Us Part:* 3/22. Brides-to-be in Savannah are being killed on the eve of their weddings.
10.00 *Outlaw:* 4/22. Employees are killed during a robbery at a Las Vegas restaurant. (S11)
11.00 **Law & Order: Special Victims Unit** (S16&15)
2.50 AM **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers** New edition Secret filming captures the recovery of a man saying he can barely walk.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** A cancer survivor returns for her results.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Emergency Call Out** Documentary.
10.00 **Trauma Room One**
11.00 **Skin A&E**
12.00 M'T **Prodigal Son**
2.00 AM **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.10 PM FILM **Streets of Laredo** Western. (1949, U, 93min) ★★★
2.10 FILM **Last Train from Gun Hill** Western starring Kirk Douglas. (1959, 15, 98min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.05 FILM **Rise of the Footsoldier: Marbella** Action comedy starring Craig Fairbrass. (2019, 18, 85min) ★
12.50 AM **Police Interceptors**
1.50 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Bigger Build Ireland**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Bigger Build Ireland**
7.00 **MasterChef USA** New edition The hopefuls make Michelin-star dishes using coffee.
8.00 **Cops on the Rock** Customs officers rescue a man from the sea at night after he falls from a smuggler's boat.
9.00 **Hungry for It**
10.15 **At Home with Katherine Ryan**
11.15 **First Responders**
12.15 AM **Inside the Ambulance**
12.45 **Wedding Valley**
1.45 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.20 **All Creatures Great and Small**
5.25 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Marlow Murder Club** Adaptation of Robert Thorogood's novel, starring Samantha Bond. 1/2. Judith Potts' evening in Marlow is shattered when she witnesses her neighbour's murder.
10.00 **New Tricks**
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Izzie Balmer and James Braxton visit Derbyshire. **8.00** Arusha Irvine and Angus Ashworth tour Northern Ireland.
9.00 **Body Bizarre** New edition The story of conjoined twin sisters. **10.00** A man from Germany has to drink 20 litres of water every day or risks death.
11.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Cash in the Attic**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **The Bidding Room** Items include a collection of dairy artefacts and a doll designed to teach resuscitation.
7.00 **Tenable** Warwick Davis hosts as five workmates from the north-west of England take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **The Avengers**
9.00 FILM **A Farewell to Arms** Drama. (1932, b/w, PG, 78min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Return of the Seven** Western sequel. (1966, PG, 95min) ★★
3.05 FILM **Death Rides a Horse** Western. (1969, 15, 111min) ★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **Danger Close: The Battle of Long Tan** Historical war drama starring Travis Fimmel. (2019, 15, 118min) ★★
11.30 FILM **First Kill** Thriller. (2017, 15, 97min) ★★
1.40 AM FILM **Jetstream** Sci-fi disaster movie. (2012, 12, 88min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM FILM **The Nurse** Drama. (2014, PG) ★★
10.55 FILM **The Many Faces of Alice** Crime thriller. (2016, PG, 95min) ★★
1.00 PM FILM **Text to Kill** Drama. (2015, 12) ★★
3.00 FILM **Woman on the Edge** Crime thriller. (2018, PG, 89min) ★★
5.00 FILM **Lost Letter Mysteries: Lost Without You** Drama. (2016, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **Max Payne** Crime action thriller. (2008, 15, 99min) ★★★
11.10 FILM **The Expatriate** Action thriller. (2012, 15, 100min) ★★
1.25 AM FILM **Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
3.30 **Air Rescue**
4.00 **to 6.00** AM FILM **Nanny's Killer Scandal** Thriller. (2018, 15) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM FILM **Sun, Sand and Romance** Drama. (2017, PG, 90min) ★★
10.05 FILM **Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★
12.00 NOON FILM **When Love Blooms** Comedy. (2021, PG, 90min) ★★
2.00 PM FILM **The Wedding Fix** Romantic drama. (2022, PG, 87min) ★★
4.00 FILM **My Best Friend's Bouquet** Drama. (2020, U, 84min) ★★
6.05 FILM **BFF Bride** Drama. (2019, PG, 77min) ★★
8.00 FILM **Accidentally Engaged** Drama. (2016, PG, 86min) ★★
9.55 FILM **One of a Kind Love** Drama. (2021, PG) ★★
11.55 FILM **Our Take on Love** Drama. (2022, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The 27-Hour Day** Drama. (2021, PG, 84min) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 7/8. (S1)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched** 7/36. (S1)
12.00 NOON **Dick Turpin**
1.00 PM **Jason King** (S1)
2.00 **Born Free** 13/13. (S1)
3.00 **Clive James in Dallas**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 7/8. (S1)
6.00 **Bewitched** 7/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **Born Free** 13/13. (S1)
9.00 **Jason King** 11/26. (S1)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 3/13. (S1)
12.35 AM **Clive James in Dallas**
1.35 **That's My Dog**
2.00 **Monkey** 17/26. (S1)
3.00 **Stereo Underground**
4.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Homestead Rescue: Raney Ranch**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Aussie Gold Hunters** Documentary.
3.00 **Outback Crystal Hunters** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch**
9.00 **Restoring Galveston** New edition Michael and Ashley take on a cottage that was bought without looking inside.
10.00 **Alaska: Homestead Rescue** A homestead drowns in floods.
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Roux Down the River** From Henley.
7.00 **The Pioneer Woman**
9.00 **Jamie Cooks Italy**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Down the River**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie Cooks Italy**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** The baker creates a classic afternoon tea.
9.00 **Roux Down the River** Michel goes fishing with an old friend.
10.00 **Marcus in the Med: Mallorca** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 12/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 9/23. (S4)
11.00 FILM **Arctic Apocalypse** Action disaster movie. (2019, PG, 90min) ★
1.00 PM FILM **Forbidden Cargo** Thriller. (1954, b/w, PG, 85min) ★★★
3.00 FILM **Danger Within** Wartime mystery. (1959, b/w, U, 97min) ★★
5.00 **Star Trek** 6/26. (S2)
6.00 **T.J. Hooker** 10/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Dragon Blade** Historical adventure. (2015, 15, 101min) ★★
11.05 FILM **Unlocked** Thriller. (2017, 15, 98min) ★★★
1.00 AM FILM **A Good Woman Is Hard to Find** Crime thriller. (2019, 18, 97min) ★★★★
2.55 **to 4.50** AM FILM **Stake Land** Horror. (2010, 15, 98min) ★★★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Beware! The Blob** As 5.00pm.
8.00 **10.5 Apocalypse**
10.00 **Farscape** 13/22. (S2)
11.00 FILM **Apocalypse of Ice** Disaster thriller. (2020, PG, 88min) ★★
1.00 PM **10.5 Apocalypse**
3.00 **Farscape** 13/22. (S2)
4.00 **Star Trek** 14/26. (S2)
5.00 FILM **Beware! The Blob** Sci-fi thriller sequel starring Robert Walker Jr and Gwynne Gilford. (1972, 15, 87min) ★★
7.00 **Farscape** 14/22. (S2)
8.00 **Star Trek** 15/26. (S2)
9.00 FILM **Precious Cargo** Thriller starring Claire Forlani and Bruce Willis. (2016, 15, 87min) ★★
10.50 FILM **Iron Eagle II** Action thriller sequel starring Louis Gossett Jr and Mark Humphrey. (1988, PG, 101min) ★
1.00 **to 3.00** AM FILM **Precious Cargo** (2016)
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real Deal** At Alton Towers.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? With William Shatner**
12.10 PM **Weird Britain**
1.05 **Mega Disasters**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal** From Mansfield.
9.00 **What on Earth?**
10.00 **Mysteries from Above**
11.00 **Secrets in the Ice**
1.00 AM **UFO Hunters**
2.00 **Weird or What? With William Shatner**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Isle of Wight: Jewel of the South**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Walking Tudor Britain**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Madrid with Michael Portillo** Michael enjoys a lunch of suckling pig before trying vegan food.
10.00 **Majorca: Jewel of the Med** The yachting industry's relationship with the island.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** From Cuba.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My Lottery Dream Home International**
2.00 **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Good Bones: Risky Business** Mina races to complete her Victorian project on schedule.
10.00 **Home Town** A family of four trade in their loft for a home with a yard.
11.00 **Flip or Flop** A house in Whittier, California. **11.30** A dated home.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Curvy Brides Boutique**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Seeking Sister Wife**
9.00 **Love Off the Grid** New edition Jen faces her biggest fear.
10.00 **Temptation Island**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **The Bearded Lady: Strange Love**
1.30 **Extreme Couponing**
2.00 **Temptation Island**
3.00 **Sex Sent Me to the ER**
4.00 **Seeking Sister Wife**
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 17&18/18. (S2)
1.00 PM **Becker** 19/24. (S2)
1.30 **Friends** 2-15/24. (S9)
9.00 **Alan Carr Live: Spexy Beast** Stand-up show.
10.00 **8 Out of 10 Cats**
11.00 **Teachers** New episode 4/20. Mrs Adler is fed up with having an opinion on her pregnancy. (S3)
11.30 **Al Murray: And a Glass of White Wine for the Lady** Stand-up comedy.
12.55 AM **Whose Line Is It Anyway? USA**
1.55 **South Park** (S5)
2.55 **Fat Chat with Desiree Burch** With Jack Rooke.
3.05 **Iain Stirling – Failing Upwards** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 22&23/24. (S2)
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 22&23/24. (S2)
6.00 **Home Improvement**
8.00 **Last Man Standing** 17/18. Mike has a run-in with Bill McKendree at a baseball game. **8.30** 18/18. Kristin is pleasantly surprised to bump into one of her former colleagues. (S2)
9.00 **South Park** (S15, 17&18)
2.00 AM **Key & Peele**
3.00 **Ugly Americans** (S2)
3.45 **Rob Beckett's Undeniable** With Ivo Graham and Joe Swash.
4.30 **Jack Whitehall Live**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **FBI** (S3)
2.00 PM **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **MacGyver** 6&7/15. (S5)
9.00 **Send in the Dogs** A cocker spaniel helps its handler raid a suspected drug den. **10.00** Police dogs tackle car thieves.
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
2.00 AM **A League of Their Own: European Road Trip** A visit to Italy.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 9/13. (S2)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
7.00 PM **Teen Mom: The Next Chapter** The mums take a look back at the season. **8.00** New edition Leah Shirley starts therapy.
9.00 **Help! I'm in a Secret Relationship!** New edition Jelena needs to know why Raeshib is hiding her.
10.00 **Catfish: The TV Show**
11.00 **The Challenge: All Stars** New edition Tension brews between KellyAnne and Sylvia.
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly Aquilino get whacked at the gym.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.Z
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** A Rolls-Royce Phantom.
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Gold Rush: Parker's Trail** Parker travels the gold-filled Madeira River into Brazil.
5.00 **Deadliest Catch** Jake and Sean face losing everything when ice swallows their gear.
6.00 **Wheeler Dealers** Mike and Elvis gamble on a TVR Griffith.

9.00 Gold Divers

7.00 **Salvage Hunters** Drew Pritchard uncovers an unusual chair in an outbuilding of Alnwick's Lemmington Hall.

8.00 **Kindig Customs** KevDogg and Dave take the rig to the Triple Crown of Rodding show in Nashville, Tennessee.

9.00 **Gold Divers** New edition A plunge wreaks havoc with Chris McCully's air compressor, and Shawn scours foreign ground.

10.00 **America's Backyard Gold** Dave shows where the former Idaho Territory of Idaho and Montana is still rich with gold.

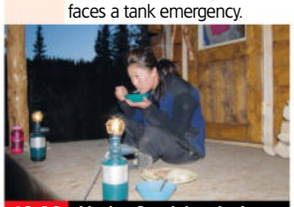
11.00 **America's Backyard Gold** The small-time miners bring in 'gold hard cash' from Montana's hard rock.
12.00 M'T **Street Outlaws: Memphis**
1.00 AM **Gold Divers** As 9.00pm.
2.00 **America's Backyard Gold**
3.00 **Texas Metal**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Celebrity Animal Encounters**
3.00 **Crikey! It's the Irwins**
4.00 **My Cat from Hell** A cat ruining a couple's lives.
5.00 **Animal Cops Philadelphia** An investigation leads to a dog-fighting operation.
6.00 **Tanked** Musician Wyclef Jean faces a tank emergency.



10.00 Alaska: Surviving the Last...

7.00 **Pit Bulls & Parolees** Tia's leg injury is making work difficult, and new parolee Mike struggles to balance working and parenthood.

8.00 **Deadliest Sharks** A profile of the deadly oceanic white tip sharks, which are considered the world's deadliest sharks.

9.00 **Shark Alley: Legend of Dynamite** Documentary tracing a juvenile shark as it progresses toward maturity near Dyer Island.

10.00 **Alaska: Surviving the Last Frontier** Following four groups of ordinary people as they travel into the wilderness of Alaska.

11.00 **The Zoo** Critical surgery is performed on a bison calf. **12.00** M'T A beaver at the zoo undergoes a tooth trim.
1.00 AM **Alaska: Surviving the Last Frontier**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **World War II: Secrets from Above** Documentary.
11.00 **Ice Road Rescue**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **Hurricane Apocalypse: Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** A Porsche 911 Targa. **6.00** A project to restore a tired 1991 VW T4 Campervan.

10.00 No Taste Like Home

7.00 **Air Crash Investigation** The case of Luxair Flight 50, which fell out of the sky just a few miles short of Luxembourg airport.

8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1934 Singer Le Mans sports car, which had its last outing in 1998.

9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Southend-on-Sea in Essex to rescue a 1974 Corvette Stingray.

10.00 **No Taste Like Home with Antoni Porowski** New edition Antoni helps Awkwafina to reconnect with her Korean heritage.

11.00 **Air Crash Investigation**
12.00 M'T **Mysterious Islands**
1.00 AM **UFOs: Investigating the Unknown** Documentary.
2.00 **Made in a Day** How Gibson Guitars make their instruments.
2.30 **Abandoned** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Trials of the Wild**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **UFOs: The Lost Evidence**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **Dictators' Hideouts**
4.00 **Digging for Britain**
5.00 **Pawn Stars** A signed Jack Nicklaus glove is brought in.
6.00 **American Pickers** Searching for rare and profit-bringing treasures across America.

9.00 The Curse of Oak Island

7.00 **Forged in Fire** After forging a blade from a whiskey barrel, finalists create an instrument of Chinese warfare.

8.00 **UFOs: The Lost Evidence** Incredible reports of UFO sightings by pilots and astronauts that increase every year.

9.00 **The Curse of Oak Island** New edition The team members start to feel they are moving closer to the elusive Treasure Vault.

10.00 **UFO Town** Documentary investigating a decades-old claim that a UFO crashed in a field near Ottawa in Canada.

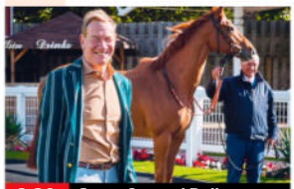
11.00 **The UnBelievable with Dan Aykroyd** Tales of survival in the most extraordinary conditions.
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Flipping Bangers**
2.00 **Ancient Aliens**
3.00 **Forged in Fire**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **WW2 – Battles for Europe**
10.00 **The Architecture the Railways Built** Double bill.
12.00 NOON **Mediterranean with Simon Reeve**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **WW2 – Battles for Europe** The Allies' attempts to get across the River Rhine.
6.00 **Antiques Roadshow** From Stormont Estate in Belfast.



8.30 Great Coastal Railway...

7.00 **The Boat That Guy Built** Guy Martin gives his narrowboat a makeover. **7.30** Guy shows off the renovated boat.

8.00 **Great Coastal Railway Journeys** A journey from St Bees to Maryport. **8.30** Middlesbrough to Boulby, North Yorkshire.

9.00 **Great Canal Journeys** Timothy West and Prunella Scales travel down the River Nile from Luxor to Aswan.

10.00 **Bangers & Cash** A 1967 Aston Martin DB6 could end up being the most expensive car ever sold at the auction.

11.00 **Find It, Fix It, Flog It** Items upcycled include a potato oven and an old petrol pump.
12.00 M'T **Mediterranean with Simon Reeve** A journey around the region, starting in Malta, Italy and Albania.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Wednesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop** Triple bill.
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Salvage Hunters** Drew finds shoe lasts made for Paul McCartney. **9.00** Drew is joined by Johnny Vegas to visit an amazing collection of outsider art in Wigan.
10.00 **Salvage Hunters: Georgian House Restoration** New edition Drew heads to a huge antique market to grab some bargains to furnish his dream home.
11.00 **How Do They Do It?**
1.00 AM **Chasing Classic Cars** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Scott Peterson.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Signs of a Psychopath** New editions Double bill.
10.00 **NEW Who is Luigi Mangione?** True-crime.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Crimes That Shook Australia** The 1986 bombing of police headquarters on Russell Street in Melbourne.
8.00 **Secrets of a Murder Detective** The team uncover the crimes of nurse Kevin Cobb.
9.00 **Forensic Factor** A millionaire boards a flight in New York City and disappears.
10.00 **Murder by the Sea** Series finale The crimes of Albert Walker.
11.00 **Prosecuting Evil with Kelly Siegler**
12.00 M'T **Nightmare Next Door** Documentary.
1.00 AM **Forensic Factor**
2.00 **Murder by the Sea**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
11.00 **Medical Detectives**
2.00 PM **48 Hours** A police officer who was shot dead in his home. **3.00** An investigation into the death of a Hollywood therapist.
4.00 **Medical Detectives** The analysis of hair found at a murder scene pinpoints the perpetrator. **4.30** A mother and daughter vanish whilst out shopping. **5.00** Using orange fibres to solve a crime. **5.30** The disappearance of singer Walter Scott. **6.00** A man is accused of murdering his wife. **6.30** Two separate confessions for the same murder case.
7.00 **Judge Judy** Real-life small claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **The Force: Manchester**
8.00 **Road Wars**
9.00 **Nothing to Declare**
10.00 **Send in the Dogs**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** True-crime.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching...**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** David Bieber.
9.00 **Murder Next Door**
10.00 **How I Caught the Killer**
11.00 **Forensics: Catching the Killer** True-crime.
12.00 M'T **Most Evil Killers**
1.00 AM **How I Caught...**
2.00 **Snapped** Double bill.
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Mafia's Greatest Hits**
9.40 **Thirties in Colour: Countdown to War**
10.40 **Impossible Peace**
11.50 **The Dictator's Playbook**
1.00 PM **Mafia's Greatest Hits** Joe Colombo.
2.05 **Thirties in Colour: Countdown to War**
3.05 **Impossible Peace**
4.15 **The Dictator's Playbook**
5.20 **The US and the Holocaust** Documentary.
6.35 **Mafia's Greatest Hits**
7.40 **Thirties in Colour: Countdown to War**
8.40 **Impossible Peace** New edition Benito Mussolini begins his autocratic rule in Italy.
9.50 **The Dictator's Playbook** Benito Mussolini and the creation of fascism.
10.55 **Mafia's Greatest Hits**
12.00 M'T **Thirties in Colour: Countdown to War**
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mother Teresa: For the Love of God?**
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
9.00 **The 2010s**
10.00 **Juan Carlos: Downfall of the King** As shown at 7.00pm.
11.00 **Superpowered: The DC Story**
12.00 NOON **Elizabeth Taylor: The Lost Tapes** Profile of the actor.
2.00 PM **Quant**
3.50 **My Icon: Kadeen Corbin**
4.00 **The Directors**
5.00 **Discovering: Harvey Keitel**
6.00 **The 2010s**
7.00 **Juan Carlos: Downfall of the King** 3/4. Corinna's revelations are secretly recorded.
8.00 **The Body Next Door** 1-3/3. Triple bill of the documentary about a mysterious death in the South Wales Valleys.
11.00 **I Am Paul Walker**
12.50 AM **Steve McQueen: The Lost Movie** Documentary.
2.40 **The Ibiza Affair: Uncovered**
4.30 **Chernobyl: My Promised Land**
5.00 **to 6.00** AM **Discovering: Harvey Keitel**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Undiscovered Vistas**
9.00 **Patagonia**
10.00 **Guardians of the Wild**
11.00 **Super Shark Highway**
12.00 NOON **Mysteries of the Mekong** Documentary.
1.00 PM **Monkey Life**
2.00 **Undiscovered Vistas**
3.00 **Patagonia**
4.00 **Guardians of the Wild**
5.00 **Africa's Hidden Kingdoms**
6.00 **Mysteries of the Mekong**
7.00 **Monkey Life** Double bill.
8.00 **Volcanic Odysseys** An expedition to Indonesia, which has 130 active volcanos.
9.00 **Super Shark Highway**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hidden Kingdoms**
12.00 M'T **Super Shark Highway**
1.00 AM **Wildlife Rescue New Zealand** Documentary.
2.00 **Volcanic Odysseys**
3.00 **Super Shark Highway**
4.00 **Undiscovered Vistas**
5.00 **to 6.00** AM **Patagonia**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **River Hunters**
2.00 **Weird Britain**
3.00 **Lost Relic Hunters**
4.00 **Battle 360**
5.00 **The Proof Is Out There**
5.55 **What on Earth?**
6.50 **UFO Hunters**
7.50 **Revolutions That Changed History** How Celtic Queen Boudica ignited an incendiary campaign for vengeance.
9.00 **Gunpowder Siege** The fugitives barricade themselves into Holbeche House.
10.00 **History's Greatest Mysteries** A mechanical device found on a 2,000-year-old shipwreck.
11.00 **WWII Battles in Colour**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **UFO Hunters**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Murder By Medic**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding Something** Documentary.
2.00 **Witness to Murder: Digital Evidence**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Murder By Medic** New edition
9.00 **Green Eyed Killers** New edition
10.00 **Family Massacre**
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **Green Eyed Killers**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo: North Carolina**
9.00 **World's Deadliest**
10.00 **Alaska Fish Wars**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild, Smart and Deadly**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City** A black mamba gets trapped on a roof.
7.00 **Secrets of the Zoo** A hidden camera captures the birth of a litter of wolves, and a tortoise baffles the vets with a mysterious illness.
8.00 **World's Deadliest** Predators that hunt in frozen conditions. **9.00** Investigating the motives and methods behind attacks by female animals.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Somali Pirate Takedown: The Real Story** As 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Expedition Bigfoot** The team head to Washington state.
8.00 **Somali Pirate Takedown: The Real Story** A look at the operation by US Navy SEALs to free cargo ship captain Richard Phillips following a four-day stand-off with the Somali pirates holding him hostage.
9.00 **Combat Dealers** Bruce acquires a rare German Panther tank.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Just a Little Runaround:* Inspector Frazer is on a training exercise learning how to use long shields. **5.30** *A Fair Appraisal:* PC Edwards is up for his annual performance appraisal. **6.00** *Visitors:* Sun Hill police station has an open day and a silver cup is stolen. **6.30** *Private Wars:* Burnside witnesses a break-in at an electricity substation.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *Blood Pink:* 4/4. Disaster strikes when Mike's favourite country musician Holly Collins is found electrocuted in what appears to be a drunken accident. (S2)
11.00 **The Bill** Four episodes.
1.15 AM **Top of the Pops**
3.10 **The Brokenwood Mysteries**
4.45 **Abandoned Engineering**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **American Detective with Lt Joe Kenda**
9.00 **Disappeared**
11.00 **Reasonable Doubt**
1.00 PM **The Killer Beside Me**
3.00 **Evil Lives Here**
5.00 **The Lies That Bind**
7.00 **Little Boy Lost: An ID Mystery** When seven-year-old Kyron Horman vanished, some suspected his stepmother was involved. Family secrets were exposed as the saga took several bizarre twists.
8.00 **Brittany Murphy: An ID Mystery** Examining the death of the Hollywood actor.
9.00 **I Went Undercover** Police receive a tip that a woman seeks to hire a hitman.
10.00 **High Speed Chase**
11.00 **Faking It: Tears of a Crime**
12.00 M'T **Martin Kemp's Murder Files** Double bill of editions.
2.00 AM **The Lies That Bind**
4.00 **Little Boy Lost: An ID Mystery**
5.00 **to 6.00** AM **Brittany Murphy: An ID Mystery**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Lucky!**
5.00 **Richard Hammond's Workshop** Richard finds a classic Mini that needs restoring.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Lucky!** As Formula 1 grows in popularity and value, more people want a slice.
9.00 **Shed and Buried: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 M'T **Lucky!**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.50 AM **Rob Peace** Drama. (2024, 15, 120min) ★★★
8.55 **Thelma** As shown at 6.15pm.
10.40 **Black Dog** As 9.45pm.
12.40 PM **Fight or Flight** As 8pm.
2.30 **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
4.30 **The Garfield Movie** Animation featuring the voice of Chris Pratt. (2023, U, 101min) ★★★
6.15 **Thelma** Comedy starring June Squibb and Parker Posey. (2024, 12, 98min) ★★★★

6.15 Thelma

8.00 Fight or Flight Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Black Dog Chinese drama starring Eddie Peng. An ex-convict joins a patrol clearing the streets of dogs ahead and soon bonds with one of the strays. Subtitled. (2024, 12, 110min)

11.45 **MaXXXine** Horror thriller starring Mia Goth, Kevin Bacon and Elizabeth Debicki. (2024, 18, 104min) ★★★
1.35 AM **A Place Called Silence** Chinese thriller starring Eric Wang and Ning Chang. Subtitled. (2024, 15, 119min)
3.45 **Fight or Flight** As 8.00pm.
5.30 **to 7.25** AM **The Line** Drama starring Alex Wolff and Bo Mitchell. (2023, 15, 100min)

Sky Cinema Hits

303 403 503 517

6.15 AM **The American Society of Magical Negroes** As 3.45am.
8.05 **Barber** As shown at 2.10am.
9.40 **Absolution** Crime thriller. (2024, 15, 112min) ★★★
11.40 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
1.15 PM **Black Hawk Down** War drama. (2001, 15) ★★★
3.45 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
6.05 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★

6.05 Superbad

8.00 Knocked Up Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant during a drunken one-night stand. With Paul Rudd, Leslie Mann and Jason Segel. (2007, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 No Hard Feelings Comedy starring Jennifer Lawrence and Andrew Barth Feldman. A hard-up woman agrees to date a wealthy couple's son. (2023, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Monkey Man** Thriller. (2024, 18, 121min) ★★★★
2.10 AM **Barber** Mystery drama. (2023, 15, 90min) ★★★
3.45 **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
5.40 **to 6.00** AM **The Cinema List: Black British Actors**

Sky Cinema Drama

310 410 510 524

7.25 AM **The Cinema List: The 90s**
7.50 **Miranda's Victim** As 11.50pm.
10.00 **The Shamrock Spitfire** (2024)
11.50 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
1.40 PM **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
3.35 **Straight Outta Compton** Biopic of hip-hop group NWA, starring O'Shea Jackson Jr. (2015, 15, 147min) ★★★

6.15 **Lady Bird** Comedy drama starring Saoirse Ronan. (2017, 15, 94min) ★★★★★
8.00 **One Life** Fact-based drama with Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
10.00 **She Came to Me** Comedy drama with Peter Dinklage, Anne Hathaway and Marisa Tomei. (2023, 15, 102min) ★★★★

11.50 **Miranda's Victim** Drama. (2023, 15, 127min) ★★★
2.05 AM **The Man with the Answers** Drama. (2021, 12, 80min)
3.40 **The Shamrock Spitfire** Biopic. (2024, 12, 108min) ★★★
5.40 **to 7.25** AM **Drift** Drama. (2023, 15, 93min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.25 AM **Resident Evil: Retribution**
8.05 **Arcadian** As shown at 1.50am.
9.50 **Insidious: Chapter 2** Thriller sequel. (2013, 15, 103min) ★★★
11.45 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
2.35 PM **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
4.20 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★

6.00 **War of the Worlds** Steven Spielberg's sci-fi thriller based on HG Wells' novel, with Tom Cruise. (2005, 12, 116min) ★★★★
8.00 **Ready Player One** Steven Spielberg's fantasy starring Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
10.25 **Resident Evil: Degeneration** Animated zombie horror thriller. (2008, 15, 97min) ★★
12.05 AM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★

1.50 **Arcadian** Dystopian horror thriller starring Nicolas Cage. (2024, 15, 92min) ★★★★
3.25 **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
5.25 **to 7.00** AM **Out of Darkness** Prehistoric horror. Subtitled. (2022, 15, 88min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Kids Books

306 406 506 520

6.05 AM **Sky Cinema Preview**
6.35 **The Tiger Rising** As 4.05am.
8.35 **Angus, Thongs and Perfect...**
10.30 **A Dog's Purpose** Comedy drama. (2017, PG) ★★★
12.25 PM **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
2.15 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
4.00 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
6.00 **The NeverEnding Story** Fantasy. (1984, U) ★★★

7.50 Angus, Thongs and...

7.50 **Angus, Thongs and Perfect Snogging** Teen comedy based on the best-selling books by Louise Rennison, starring Georgia Groome and Aaron Johnson. (2008, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Portable Door** Fantasy adventure starring Christoph Waltz and Sam Neill. Two interns discover the true agenda of the corporation where they work. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Bicentennial Man** Romantic sci-fi drama starring Robin Williams and Sam Neill. (1999, PG, 131min) ★★★
2.15 AM **Harriet the Spy** Children's adventure comedy starring Michelle Trachtenberg. (1996, PG, 97min) ★★★★
4.05 **to 6.00** AM **The Tiger Rising** Family drama starring Dennis Quaid and Queen Latifah. (2022, PG, 102min) ★★★

Sky Cinema Martial Arts

307 407 507 521

7.00 AM **The Cinema List: Bourne**
7.15 **Dragon Lord** As 1.25am.
9.00 **Bruce Lee's Big Boss** (1971)
10.45 **Once Upon a Time in China III** Adventure. (1993, PG) ★★★
12.40 PM **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★
2.25 **The Karate Kid Part II** Adventure. (1986, PG) ★★
4.20 **The Karate Kid: Part III** Adventure. (1989, PG) ★
6.15 **Hero** (2002, 12) ★★★★

6.15 Hero

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

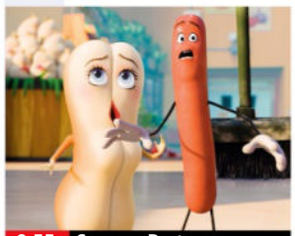
9.55 **Oldboy** Revenge thriller remake starring Josh Brolin. A man is released after being held captive in a private prison for 20 years and given the task of solving the mystery of his incarceration. (2013, 18, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Yes, Madam!** Action comedy. (1985, 18, 93min) ★★★
1.25 AM **Dragon Lord** Martial arts comedy starring Jackie Chan. (1982, 15, 102min) ★★★★
3.15 **Bruce Lee's Big Boss** Martial arts thriller starring Bruce Lee. (1971, 18, 94min) ★★
5.00 **to 6.45** AM **Once Upon a Time in China and America**

Sky Cinema Comedy

308 408 508 522

7.20 AM **Jules** As 11.30pm.
9.05 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
11.25 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
1.10 PM **The First Wives Club** Comedy. (1996, PG) ★★★
3.00 **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
4.50 **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
6.30 **Disaster Movie** Spoof. (2008, 12, 86min) ★



9.55 Sausage Party

8.00 **The Truman Show** Comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney and Ed Harris. (1997, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Sausage Party** Animated comedy featuring the voices of Seth Rogen and Kristen Wiig. When he hears life after the supermarket is not much fun for groceries, Frank the sausage investigates. (2016, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Jules** Comedy drama. (2023, 12, 87min) ★★★
1.05 AM **The Boss** Comedy. (2015, 15, 89min) ★★★
2.50 **Balls of Fury** Spoof martial arts movie starring Dan Fogler. (2007, 12, 90min) ★
4.25 **to 6.30** AM **BlackBerry** Comedy drama starring Jay Baruchel. (2023, 15) ★★★★

Sky Cinema Thriller

309 409 509 523

6.05 AM **The Independent** Drama. (2022, 12, 108min) ★★★
8.00 **Paradise Highway** Drama. (2022, 15, 115min) ★★★★
10.05 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
12.15 PM **Ocean's Twelve** Thriller sequel. (2004, 12) ★★★★
2.30 **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★
4.15 **The Accountant** Thriller. (2016, 15, 123min) ★★★
6.30 **One Day as a Lion** (2023)

6.30 One Day as a Lion

8.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Charismatic thief Danny Ocean and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

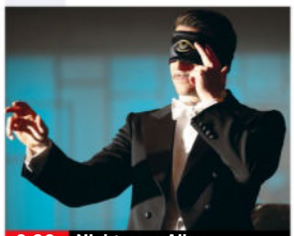
10.10 **John Wick** Action thriller starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **John Wick: Chapter 2** Action thriller sequel. (2017, 15, 122min) ★★★★
2.15 **Rumble Through the Dark** Thriller. (2023, 15) ★★★
4.25 **to 6.05** AM **One Day as a Lion** Action thriller with Scott Caan. (2023, 15, 87min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Colditz Story** Classic World War Two escape drama. (1954, b/w, U, 97min) ★★★
1.00 PM **Cockleshell Heroes** War drama. (1955, U, 94min) ★★★
3.00 **Comanche Station** Western. (1960, PG, 74min) ★★
4.35 **Jubal** Western starring Glenn Ford. (1956, PG, 101min) ★★★
6.40 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★



9.00 Nightmare Alley

Jumanji: Welcome to the Jungle (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Nightmare Alley** Director Guillermo del Toro's thriller starring Bradley Cooper and Cate Blanchett. A manipulative carnival worker joins forces with a female psychiatrist who is even more dangerous than he is. (2021, 15, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Ready or Not** Horror comedy starring Samara Weaving. A bride's wedding night takes a sinister turn when her in-laws force her to take part in a terrifying game. (2019, 18, 95min) ★★★★
1.45 **to 3.55** AM **The Oath** Icelandic thriller starring Baltasar Kormákur. Subtitled. (2016, 15, 103min) ★★★★

+1hour 314 430 47 301

8 PM
9 PM
10 PM
11 PM

Sky Cinema Ultimate Action

302 402 502 516

7.45 AM **The Cinema List: Payback**
8.05 **Bloodshot** As shown at 2.15am.
9.55 **Fight or Flight** As 12.30am.
11.40 **Terminator Salvation** Thriller sequel. (2009, 12, 110min) ★★★
1.40 PM **The Meg** Action thriller. (2018, 12, 113min) ★★★
3.40 **Meg 2: The Trench** Thriller sequel. (2023, 12, 115min) ★★★
5.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★

8.00 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★★
10.30 **S.W.A.T.** Action thriller starring Samuel L Jackson and Colin Farrell. The members of an elite LAPD SWAT team are in the firing line when a billionaire drug lord offers $100million to anyone who can spring him from police custody. (2003, 12, 115min) ★★★

12.30 AM **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
2.15 **Bloodshot** Sci-fi thriller with Vin Diesel. (2020, 12, 109min) ★★
4.05 **Blacklight** Thriller starring Liam Neeson. (2022, 15, 104min) ★
5.55 **to 7.30** AM **Bullet to the Head** Thriller. (2012, 15, 89min) ★★★

Sky Cinema Women in Film

304 404 504 518

6.30 AM **The Little Rascals** Family comedy. (1994, U, 83min) ★★
8.00 **Fast Times at Ridgemont High** Comedy. (1982, 18) ★★★★★
9.40 **The Cinema List: Women Oscar Winners**
9.55 **Forces of Nature** Comedy. (1999, 12, 105min) ★★★
11.45 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★

1.45 PM **A Quiet Place: Day One** Horror starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
3.30 **Furiosa: A Mad Max Saga** Fantasy adventure prequel. (2024, 15, 148min) ★★★★
6.00 **Madame Web** Fantasy. (2024, 12, 116min) ★★★
8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★
10.25 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★

1.05 AM **Thelma** Action comedy. (2024, 12, 98min) ★★★★
2.50 **Book of Love** Romantic comedy. (2022, 12, 106min) ★★★
4.50 **The Cinema List: Women...**
5.10 **to 7.30** AM **A League of Their Own** Comedy drama. (1992, PG, 124min) ★★★★

Sky Cinema Animation

305 412 500 514

6.35 AM **The Road to El Dorado**
8.15 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
9.55 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
11.20 **Megamind vs The Doom Syndicate** (2024, U) ★★★
12.55 PM **Antz** Animated comedy. (1998, PG, 83min) ★★★
2.25 **Storks** Animated adventure. (2016, U, 87min) ★★★

4.00 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
5.45 **Trolls** Animated musical. (2016, U, 92min) ★★★
7.20 **Dr Seuss' The Lorax** Animation. (2012, U, 86min) ★★★
8.50 **Mavka: The Forest Song** Animation. (2023, PG) ★★
10.40 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
12.05 AM **The Road to El Dorado** Animation. (2000, U) ★★★

1.45 **The Canterville Ghost** Animation. (2023, PG) ★★
3.20 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★
4.55 **to 6.25** AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★★

Movies 24

312 419

7.00 AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
9.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
11.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
1.00 PM **Betty's Bad Luck In Love** Romantic comedy drama. (2024, PG, 84min) ★★
3.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★

5.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
7.00 **Pumpkin Everything** Romantic comedy drama starring Taylor Cole. (2022, PG, 84min) ★★
9.00 **The Love Hunt** Romantic comedy starring Scout Taylor-Compton and Brock Yurich. A real-estate executive discovers her inheritance from her father depends on finding lost treasure. (2023, PG, 89min) ★★
11.00 **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★

1.00 AM **Unthinkably Good Things** Drama starring Karen Pittman. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Love and the Radio Star** Romantic comedy. (2022, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **The Fast and the Furious** Thriller. (1954, U, 75min) ★★★
8.30 **One Step Beyond** 37/39. (S2)
9.05 **Wellington Bomber**
10.20 **Desert Sands** Action adventure. (1957, U, 87min) ★★★
12.10 PM **The Lady from Shanghai** Vintage film noir thriller. (1948, b/w, PG, 87min) ★★★★★
1.55 **The Brothers** 13/13. (S3)

3.00 **Ghost Town Law** Western. (1942, b/w, U, 62min) ★★★
4.15 **Ghost Towns of Death Valley**
4.35 **The Life and Legend of Wyatt Earp** 31/33. (S1)
5.10 **The Texan** 31/37. (S1)
5.45 **Night Was Our Friend** Thriller starring Michael Gough. (1951, b/w, PG, 61min) ★★
7.00 **Z Cars** 25/31. (S10)
8.00 **Manhunt** 14/26. (S1)
9.05 **Maigret** 2/3. The inspector sets a trap for a serial killer. (S6)
11.00 **In Suspicious Circumstances**

12.05 AM **Maigret** 6/13. (S4)
1.10 **Love, Cheat & Steal** Thriller. (1993, 18, 95min) ★★
3.05 **Look at Life**
3.15 **Port of New York** Drama. (1949, b/w, PG, 82min) ★★
4.55 **Four Star Theatre** 30/41. (S4)
5.30 **to 6.00** AM **Richard Diamond**

WEDNESDAY Sport 5 March

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **ICC Champions Trophy Cricket** Coverage of the second semi-final staged at Gaddafi Stadium in Lahore, as the winner of one group and the runner-up of the other compete for a place in Sunday's final.
6.00 PM **Sports Centre**
7.00 LIVE **WSL Chelsea v Leicester City.** Coverage of the Women's Super League match from Kingsmeadow, as the hosts look for three points in their quest for another title. Kick-off **7.30pm**.
10.00 **Natasha Jonas: Off Limits**
10.30 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of the opening day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in Indian Wells, California. The first round of both the women's and men's singles competition are due to get under way, with unseeded and wild card players competing among those who came through a qualifying phase, while seeded players receive a bye to round two.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years** A look at the 2022/23 campaign.
3.00 **PL Retro** Another chance to see Arsenal v Everton from 1998.
5.00 **PL Best Goals 11/12**
6.00 **Premier League 100: Peter Schmeichel**
6.30 **Premier League 100 Club**
7.00 **Premier League Stories**
7.30 **PL 100: Jimmy Floyd Hasselbaink** A look back at the forward's top-flight goals.
8.00 **Gary Neville's Soccerbox** With guest Matt Le Tissier. **8.30** With Sol Campbell.
9.00 **Premier League Stories**
9.30 **PL 100: Peter Crouch**
10.00 **Premier League Icons**
11.00 **Premier League Years** A look back at the 2023/24 season.
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Celtic's Invincibles**
12.00 NOON **EFL** A replay of Wycombe Wanderers v Burton Albion.
2.00 PM **Bundesliga Highlights Show**
3.00 **EFL Highlights** League One.
4.15 **Scottish Premiership Round-Up** Top-flight action.
4.30 **SPFL Highlights**
5.00 **WSL** Arsenal v West Ham United.
5.30 **EFL Highlights** League One.
6.30 **WSL** Action from Brighton & Hove Albion v Chelsea.
7.00 LIVE **WSL Chelsea v Leicester City.** Coverage of the match from Kingsmeadow. The reverse fixture in December saw Chelsea drop their first points of the season, as they needed a 77th-minute equaliser from Wieke Kaptein to secure a 1-1 draw at the King Power Stadium. Kick-off **7.30pm**.
10.00 **EFL Greatest Games**
10.30 **EFL Highlights** Recent action.
12.00 M'T **WSL** Chelsea v Leicester City.
12.30 AM **EFL Highlights**
1.30 **EFL** Action from 2015/16.
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Best of ICC WT20**
6.30 **ICC Champions Trophy Cricket**
8.30 LIVE **ICC Champions Trophy Cricket** Coverage of the second semi-final staged at Gaddafi Stadium in Lahore, as the winner of one group and the runner-up of the other compete for a place in Sunday's final.
5.30 PM **Best of ICC WT20**
6.00 **ICC Champions Trophy Cricket** Australia v England in Lahore. **7.00** South Africa v England. **8.00** Action from the first semi-final staged at Dubai International Cricket Stadium. **9.00** Action from the second semi-final at Gaddafi Stadium.
10.00 **IPL** Highlights of Sunrisers Hyderabad v Mumbai Indians.
11.00 **ICC Champions Trophy Cricket** Action from the second semi-final at Gaddafi Stadium in Lahore. **12.00** M'T Action from the first semi-final from Dubai International Cricket Stadium.
1.00 AM **WPL** Royal Challengers Bengaluru v Delhi Capitals.
4.40 **Best of Sky Cricket**
4.50 **Ashes Greats** Adam Gilchrist.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM **LPGA Tour Golf**
11.00 **Ladies European Tour Golf**
12.00 NOON **On the Road with Iona Stephen** Featuring Renee Powell.
1.00 PM **TGL** Jupiter Links v Atlanta Drive at Palm Beach Gardens.
3.00 **Ladies European Tour Golf**
4.00 **On the Road with Iona Stephen**
5.00 **PGA Tour Golf** Highlights.
6.00 **PGA Tour: The Cut**
6.30 **Golf's Greatest Holes**
7.00 **TGL** Jupiter Links v Atlanta Drive.
9.00 **On the Road with Iona Stephen**
10.00 **The Players Championship**
10.30 **Golf's Greatest Holes**
11.00 **PGA Tour Golf** Highlights.
12.00 M'T **DP World Tour Golf**
12.30 AM **PGA Tour: The Cut**
1.00 **LPGA Tour Golf** Blue Bay.
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Action from the 2024 Indian Wells Open finals.
8.00 **Tie Break Tens** Eisenhower Cup.
10.00 **WTA Tennis** Texas Open final.
11.00 **ATP Tennis** Santiago Open final.
12.00 NOON **WTA Tennis** Merida Open.
1.00 PM **ATP Tennis** From Brazil.
2.00 **WTA Tennis** From Dubai.
3.00 **ATP Tour This Week**
3.30 **Tennis** Indian Wells Open reviews.
5.00 **Tie Break Tens** Eisenhower Cup.
7.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of day one of the Indian Wells Open at Indian Wells Tennis Garden in California.

TNT Sports 1

410 870 527 408 430

6.30 AM LIVE **Snooker World Grand Prix** Coverage from the third session of the first round of the tournament staged at Kai Tak Sports Park in Hong Kong.
9.00 **Premier League Stories**
9.30 **The TNT Sports Cycling Show**
10.00 **Women's Cycling Pro Series**
11.00 **Men's Cycling Pro Series**
1.00 PM LIVE **Cycling: Laiguella Trophy** Coverage of the men's one-day race staged in Italy.
3.00 **The TNT Sports Cycling Show**
3.30 **MotoGP** Grand Prix of Thailand.
4.30 **MotoGP Chequered Flag**
5.30 **Ally's Social Club** An interview.
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 LIVE **UEFA Champions League** A last-16 first-leg.
10.30 **UEFA Champions League Highlights** Recent action.
11.30 **Snooker World Grand Prix**
1.30 AM **MotoGP Highlights**
2.30 LIVE **NBA Milwaukee Bucks v Dallas Mavericks.** Coverage of the inter-conference match from Fiserv Forum. Tip-off **2.30am**.
5.00 **Fight Week** UFC 313 preview.
5.30 **MotoGP Rewind** In Thailand.
5.45 **to 6.15** AM **TNT Sports Reload**

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **Snooker World Grand Prix** Coverage from the third session of the first round of the tournament staged at Kai Tak Sports Park in Hong Kong.
9.00 **TNT Sports Cricket Reload**
9.15 **Crouchy and Cole**
9.45 **A-League Women Highlights**
10.15 **Women's One-Day International Cricket**
11.15 **MotoGP Rewind**
11.30 LIVE **Snooker World Grand Prix** Coverage from the fourth session of the first round of the tournament from Hong Kong.
3.30 PM **NBA** Action from 2024.
6.30 **The TNT Sports Cycling Show**
7.00 LIVE **UEFA Champions League** A last-16 first-leg.
10.30 **MotoGP Highlights**
11.30 **UFC Countdown**
12.30 AM **Fight Week**
1.00 **Fishing: On the Bank**
2.00 **Men's Cycling Pro Series**
3.00 **Women's One-Day International Cricket**
4.00 **MotoGP Highlights**
5.00 **to 6.00** AM LIVE **Snooker World Grand Prix** Coverage from the first session of the second round in Hong Kong.

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **Super League Highlights** Top-flight action.
1.00 PM **The Rugby Championship** Australia v South Africa in 2024.
3.00 **Fight Night International** A chance to see Denys Berinchyk v Keyshawn Davis from the Theatre at Madison Square Garden.
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive** A chance to see James Toney v Mike McCallum from 1991.
6.15 **Super League** A replay of Wakefield Trinity v Hull Kingston Rovers at DIY Kitchens Stadium.
9.00 **Fight Night** Natasha Jonas v Ivana Habazin at Exhibition Centre Liverpool from 2024.
10.00 **The Rugby Championship** Another chance to see Australia v South Africa in Perth in 2024.
12.00 M'T **Top Rank Boxing Archive**
2.15 AM **Super League Highlights**
3.00 **Top Rank Boxing Archive**
4.00 **Super League** Top-flight action.
5.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** A look at today's early stories.
9.00 **Premier League Darts** Action from night four of the tournament at Exeter's Westpoint Arena, with a format featuring quarter-finals, semi-finals and a final in one night.
1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 **Sports Desk** Sports news with live analysis and comments.
5.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
7.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of the opening day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California. The first round of both the women's and men's singles competition are due to get under way, with unseeded and wild card players competing among those who came through a qualifying phase. Former World number one Venus Williams has a wild-card entry for the tournament.

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League**
9.00 **Fight Night** From May 2024.
10.00 **ICC Champions Trophy Cricket**
11.00 **WPL** UP Warriorz v Gujarat Giants.
12.00 NOON **Super League**
3.00 PM **Fight Night** McCaskill v Price.
4.00 **Tennis** ATP and WTA finals.
6.00 **Women's State of Origin**
7.00 LIVE **WSL Chelsea v Leicester City.** Coverage of the match from Kingsmeadow. Kick-off **7.30pm**.
10.00 **Natasha Jonas: Off Limits**
10.30 **The Gloves Are Off**
11.00 **Behind the Ropes**
11.30 **The Gloves Are Off**
12.00 M'T LIVE **NCAA Basketball Alabama Crimson Tide v Florida Gators.** Coverage of the college match staged at Coleman Coliseum. Tip-off is at **12.00m't**.
2.00 AM LIVE **NCAA Basketball Notre Dame Fighting Irish v Stanford Cardinal.** Coverage of the college match staged at Purcell Pavilion. Tip-off **2.00am**.
4.00 **Fight Night** From May 2024.
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 874 529 410 432

6.00 AM **UEFA Champions League**
9.00 **UEFA Europa League & Conference League Magazine**
10.00 **Serie A** Football from Italy.
12.00 NOON **UEFA Champions League Highlights Show**
12.30 PM **Classic Premier League**
1.00 **Isuzu A-League Highlights**
1.30 **Ninja A-League Women Highlights** Action from the 17th round of fixtures.
2.00 **UEFA Champions League** Action from last-16 matches.
5.00 **UEFA Champions League Highlights Show**
5.30 LIVE **UEFA Champions League** A last-16 first-leg.
7.45 LIVE **UEFA Champions League** A last-16 first-leg.
10.00 **Fight Night Live** A replay of Ryan Garner v Salvador Jimenez.
12.00 M'T **UEFA Champions League** Action from last-16 matches.
4.00 **to 6.00** AM **Allianz Premiership Women's Rugby**

TNT Sports 4

414 876 530 411 434

6.00 AM **Crouchy and Cole**
6.15 **Alpine Skiing** From Norway.
7.45 LIVE **Cross Country Skiing** The Para Sprint semi-finals.
8.45 **MotoGP Rewind** In Thailand.
9.00 **Marathons** Tokyo Marathon.
10.00 LIVE **Cross Country Skiing** The team sprint classic qualifying.
11.00 LIVE **Cross Country Skiing** The final Para Sprint races.
12.00 NOON **Alpine Skiing**
1.30 PM LIVE **Cross Country Skiing** Team sprint classic races.
2.30 **Alpine Skiing** From Slovenia.
3.00 LIVE **Ski Jumping** Coverage from Trondheim, Norway.
4.45 **TNT Sports Cricket Reload**
5.00 **Isuzu A-League Highlights**
5.30 **Ultimate Pool** Recent action.
7.00 **Discovery Golf**
7.30 **Crouchy and Cole** A look back.
8.00 **Snooker World Grand Prix**
10.00 **Men's Cycling Pro Series**
12.00 M'T **to 6.00** AM **A-League**

Premier Sports 1

419 551

6.00 AM **Asian Le Mans Series**
7.00 **Downhill Skateboarding**
8.00 **Transworld Sport** Magazine.
9.00 **World Surf League**
10.00 **LaLiga Highlights**
11.00 **URC in 60** Recent action.
12.00 NOON **MotorSport**
1.00 PM **LaLiga** Spanish football.
2.30 **Top 14 Rugby Union Highlights**
3.00 **Asian Le Mans Series**
4.00 **World Surf League**
5.00 **LaLiga Highlights**
6.00 **Viva LaLiga** The latest news.
7.30 **Women's Football Weekly**
8.00 **URC in 60** Recent action.
9.00 **LaLiga Highlights**
10.00 **World Surf League**
11.00 **Asian Le Mans Series**
12.00 M'T **Transworld Sport**
1.00 AM **Women's Football Weekly**
1.30 **NHL** Ice hockey features.
3.00 **Sporting Greats**
3.30 **to 6.30** AM LIVE **NHL Ice Hockey Los Angeles Kings v St Louis Blues.** Face-off **3.30am**.

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Mallorca v Alaves.
10.00 **NHL Ice Hockey** Boston Bruins v Nashville Predators.
12.00 NOON **Football's Greatest**
1.00 PM **United Rugby Championship** Ulster v Scarlets.
3.00 **LaLiga** Villarreal v Espanyol.
5.00 **Football's Greatest**
5.30 **United Rugby Championship** A replay of Leinster v Cardiff. **7.30** Munster v Edinburgh.
9.30 **NHL Ice Hockey** Boston Bruins v Nashville Predators.
11.30 **Temples of Sport**
12.00 M'T **NHL: This is Hockey**
12.30 AM LIVE **NHL Ice Hockey New York Rangers v Washington Capitals.** Coverage of the Eastern Conference match staged at Madison Square Garden. Face-off **12.30am**.
3.30 **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

406 516 506 424 444

6.00 AM **Testing Wrap** A review.
6.30 **Ted's Notebook**
7.00 **Indycar** Highlights from Florida.
8.00 **Testing Wrap** From Bahrain.
8.30 **Ted's Notebook** Analysis.
9.00 **Ted Drives: F1 Car**
9.15 **Formula 1** Day three in Bahrain.
1.30 PM **Ted Drives: F1 Car**
1.45 **Ferrari x Mescal**
1.55 **F1 Explained: G-Force**
2.00 **Formula 1** Action from Bahrain.
6.10 **Ted Drives: F4 Cars**
6.20 **Driven By Us** STEM careers.
6.30 **Testing Wrap** From Bahrain.
7.00 **Ted's Notebook** Analysis.
8.00 **Testing Wrap** The third day.
8.30 **Ted's Notebook**
9.30 **Indycar** Action from Florida.
10.30 **Formula 1** Action from 2016.
12.50 AM **Simon And Jenson's Vegas Hot Lap** At the Las Vegas circuit.
1.00 **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

SKY HD SD VIRGIN HD EE HD

Thursday

6 March

Evening Planner

Factual

Crufts
C4, 3pm & 7.30pm; More4, 6.30pm
Clare Balding presents coverage of the world's greatest dog show, including judging of the Terrier and Hound groups.

Athletics

European Indoor Championships
BBC2, 5pm & BBC3, 8pm
Great Britain's Josh Kerr is due to be in action today in the 1500 metres.

Documentary

The Undercover Police Scandal
ITV1, 9pm
Five women talk about their experiences dating undercover police officers.

OnDemand

prime

Picture This
Available today
Romcom starring Simone Ashley (*Bridgerton*) as a photographer looking for success in both her career and love life.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 500 Words...	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	10.40 Question...
	102 BBC2	◂ 5.00 Athletics: European Indoor...		8.00 Great British Menu		9.00 Miriam Margolyes: A New Australian...		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 The Undercover Police Scandal: Love...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News	7.30 Crufts			9.00 Get Millie Black		10.00 Celebrity Gogglebox	
	105 CHANNEL 5	7.00 Portugal with Michael Portillo		8.00 Tales from the Riverbank		9.00 Inside the Tower of London: Building...		10.00 The Bodies Under the Patio: Murder...	
	106 SKY SHOWCASE	◂ 6.55 The Simpsons			8.10 Rob Beckett's Smart TV	9.00 Film: The Mechanic			
ENTERTAINMENT	115 BBC3		7.10 Top Gear	8.00 Athletics: European Indoor...		9.00 Eddie Hall: The Beast v the Mountain		10.00 Suits	
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Timewatch: Killer Storms and Cruel...		9.00 Film: In the Loop			
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Family Guy		10.00 G'wed	10.35 Family Guy
	136 MORE4	◂ 6.30 Crufts	7.30 Kirstie and...	7.55 Grand Designs				10.00 Britain's Most Expensive Houses	
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Married at First Sight Australia			10.35 First Dates
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Matlock		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Small Town, Big Story		10.00 Homicide: Life on the Street	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Gavin & Stacey			10.20 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	7.00 The Motorbike Show		8.00 Junk and Disorderly		9.00 Film: A Fistful of Dollars			10.10 Film: A Fistful of Dollars
	112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Romesh Ranganathan: Irrational Live		10.00 Film: About Last Night	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob Beckett's Smart TV		9.00 Small Town, Big Story		10.00 Poker Face	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Murdoch Mysteries		10.00 Death in Paradise	
	130 SKY ARTS	7.00 Landscape Artist of the Year		8.00 The Directors		9.00 Film: Sherlock Holmes and the Secret Weapon			10.20 Sean Connery vs...
	132 U&W	7.00 MasterChef USA		8.00 Ambulance Australia		9.00 At Home with Katherine Ryan		10.00 Katie Price: What Harvey Did Next	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Caught!			
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Meet the Orangutans		9.00 Meet the Penguins		10.00 Alaska Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Draining Loch Ness: In Search of the...		9.00 Mysterious Islands		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire Tournament of...		8.00 Claw Hunters		9.00 Forged in Fire		10.00 Gangland Chronicles	
	155 U&YESTERDAY	7.00 Speed with Guy Martin		8.00 Bangers & Cash		9.00 Dream Car Fixers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 Rewriting Trump				10.00 King of the Apocalypse	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 The Line		8.00 Fight or Flight			9.50 MaXXXine		
	302 ULTIMATE ACTION	◂ 6.00 Jack Reacher: Never Go Back		8.00 Mission: Impossible – Dead Reckoning Part One					
	303 HITS	◂ 6.05 Bob Marley: One Love		8.00 8 Mile				10.05 Monkey Man	
	304 WOMEN IN FILM	◂ 6.10 Mamma Mia!		8.00 Mean Girls				10.00 Miss Congeniality	
	305 ANIMATION	◂ 5.50 Happy Feet Two	7.35 Over the Hedge			9.05 Surf's Up			10.35 Canterville...
	306 KIDS BOOKS	◂ 5.55 The Witches	7.40 The Rugrats Movie			9.15 The Amazing Maurice			
	307 MARTIAL ARTS	◂ 6.00 The Equalizer 3		8.00 The Beekeeper				10.00 Yes, Madam!	
	308 COMEDY	◂ 6.30 Am I OK?		8.00 Bowfinger			9.45 Balls of Fury		
	309 THRILLER	◂ 5.50 John Wick: Chapter 2		8.00 Ocean's Eight				10.00 Murder by Numbers	
	310 DRAMA	◂ 6.10 The Great Escaper		8.00 Bridget Jones: The Edge of Reason				10.00 The United States vs. Billie Holiday	
	311 SCI-FI	◂ 6.15 The Nun		8.00 World War Z				10.05 Sinister	
	313 FILM4		7.10 Made in Italy			9.00 The Green Mile			
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage of night five of the tournament at Brighton Centre							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights			8.15 SPFL Highlights	9.00 Bundesliga...	9.30 WSL		10.15 SPFL Highlights
	404 CRICKET	7.00 ICC Champions Trophy Cricket		8.00 WPL		9.00 ICC Champions Trophy Cricket		10.00 IPL	
	410 TNT SPORTS 1	◂ 5.00 UEFA Conference...	7.45 UEFA Europa League – Live: Coverage of a last-16 match						10.30 UEFA Europa...
	411 TNT SPORTS 2	7.00 UEFA Europa League – Live: Coverage of a last-16 match							10.30 Snooker...

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team come to the aid of Ralph. (S)
2.30 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **Make It at Market** New edition A crocheter and a ceramic artist seek business advice. (S)
4.30 **Antiques Road Trip** New edition Tahmina Ghaffar and David Harper head to the south west. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Apprentice

7.00 NEW **500 Words with The One Show** The final of 500 Words, the writing contest for children. (S)
7.30 **EastEnders** Nicola decides to take control, and Tommy's return home brings challenges. (S)(AD)

8.00 **Dragons' Den** The would-be investors are tempted by the manufacturers of a plastic-free soap, mouldable fixing sticks and a football board game. Presented by Evan Davis. (S)(R)(AD)

9.00 **The Apprentice** New edition 6/12. The remaining candidates jet off to Türkiye, where they are challenged to run corporate away day experiences. (S)(AD)
■ *The Apprentice: You're Fired* follows on BBC2

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Skipton, North Yorkshire, to answer questions from an invited audience on subjects that have made the headlines over the past week. (S)
11.40 **Newscast** Light-hearted discussion and analysis of the week's political events. (S)
12.10 AM **The Weakest Link** With Gok Wan, Sunetra Sarker, Kate Humble, Asim Chaudhry, Katie Piper, Dermot Murnaghan, Andy Day and Susie McCabe. (S)(R)
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Escape to the Country** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **The Farmers' Country Showdown** From Ryedale. (S)(R)
3.45 **Natural World: Chimps of the Lost Gorge** Documentary. (S)(R)
4.30 **Designing the Hebrides** The team design honesty boxes for two rural businesses. (S)(R)(AD)
5.00 LIVE **Athletics: European Indoor Championships** Coverage of day one from Omnisport Apeldoorn in the Netherlands, as qualifying and heats get under way. *Coverage continues on BBC3.* (S)

8.00 Great British Menu

7.00 LIVE **Athletics: European Indoor Championships** (started at 5.00pm)

8.00 **Great British Menu** New edition It's judging day, and only one chef can progress to represent central and eastern England. Olympic gold medal-winning athlete Denise Lewis helps decide between the two remaining chefs. (S)

9.00 **Miriam Margolyes: A New Australian Adventure** 3/3. Miriam heads to Broken Hill and learns how people creatively reinvent themselves in remote communities that are built on traditions. (S)(R)(AD)

10.00 **The Apprentice: You're Fired** New edition 6/11. Tom Allen interviews the latest candidate to leave the process. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Forensics: The Real CSI** 1/3. Police officers are called to the scene of a fatal stabbing in a brothel. (S)(R)
12.05 AM **Sign Zone: Great British Menu** The three remaining Welsh chefs cook mains and desserts. (S)(R)
1.05 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
1.35 **Sign Zone: Israel and the Palestinians – The Road to 7th October** Documentary. (S)(R)(AD)
2.35 **to 6.15** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tour de Fred: Northern Ireland** New edition 4/5. The penultimate stage of Fred Sirieix's gastronomic tour takes him to the north coast, where he tries golf for the first time and explores the future of regenerative farming. (S)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Sarah prepares herself to read the result of the pregnancy test, the locals mourn the deaths of their fellow villagers, while Kerry and Pollard reminisce. (S)(AD)

8.30 **Tonight: My Life. My Choice?** New edition As British lawmakers consider making assisted dying legal in England and Wales, Paul Brand examines the issue, and talks to those with passionate views on both sides. (S)

9.00 NEW SERIES **The Undercover Police Scandal: Love and Lies Exposed** *I Will Find You:* 1/3. Five women share their experiences of being deceived into intimate relationships with undercover police officers. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Brit Awards** Comedian Jack Whitehall hosts the ceremony from London's O2 Arena, featuring performances by Sabrina Carpenter, Jade, Myles Smith, The Last Dinner Party, Teddy Swims and Shaboozey. (S)(R)
12.50 AM **Teleshopping**
3.00 **Unwind with ITV** (S)
4.00 LIVE **Golf: LIV Golf** Coverage of the first day of the tournament from Hong Kong Golf Club at Fanling. Abraham Ancer of Mexico was victorious here last year. *Coverage continues on ITVX.* (S)
5.00 **to 6.00** AM **Tour de Fred: Northern Ireland** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 23-25/25. (S3) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 2-5/24. (S10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
2.10 **Countdown** New edition (S)
3.00 NEW SERIES **Crufts** Clare Balding presents coverage of the annual dog show from Birmingham. *Continues at 6.30pm on More4.* (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From the Thorverton Arms in Devon. (S)
5.30 **Come Dine with Me** New edition Accountant Kirsty plans an Ibiza-themed night in Belfast. (S)
6.00 **A Place in the Sun** New edition A Staffordshire couple seek a holiday home in central France. (S)

3.00 Crufts

7.00 **News** (S)
7.30 **Crufts** New edition Clare Balding presents live coverage of the annual dog show from the National Exhibition Centre in Birmingham. The first group to be judged is the Terriers, with the winner going through to Sunday's Best in Show final. Then it's the Hound group, with dogs ranging in size from the miniature dachshund to the huge Irish wolfhound. Plus, athleticism and speed are on show in the Flyball heats. (S)

9.00 **Get Millie Black** New episode *Hibiscus:* 2/5. Amid escalating violence, Millie clashes with Scotland Yard detective Luke Holborn and struggles to support her grieving sister. (S1) (S)(AD)

10.00 **Celebrity Gogglebox** A rolling cast of famous faces – including Rylan, Jennifer Saunders, Danny Dyer, Zoe Ball, Clare Balding and Jane McDonald – critique the biggest TV shows. (S)(R)(AD)
11.00 **Gogglebox** (S)(R)(AD)
12.05 AM **First Dates** A retired racing driver meets a champion ballroom dancer. (S)(SL)(R)(AD)
1.05 **Ramsay's Hotel Hell** 2/2. Gordon Ramsay uncovers more problems at the Juniper Hill Inn. (S)(R)(AD)
1.55 **Seeking Satoshi: The Mystery Bitcoin Creator** (S)(SL)(R)(AD)
3.55 **Kirstie and Phil's Love It or List It**
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

7 PM
8 PM
9 PM
10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Medical documentary. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Cruise Ship Murder** Thriller starring Skye Coyne and Matthew Pohlkamp. (S) (2024, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Comedian Lucy holds a comedy night with her friend and mentor Nic. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** Think Tank take on the quiz experts. (S)(R) **6.30** The FF9 Friends take part in the quiz show. (S)(R)
6.55 **News** (S)

9.00 Inside the Tower of London

7.00 **Portugal with Michael Portillo** 1/6. Michael explores hidden secrets of the country, starting in the vibrant second city of Porto. (S)(R)
7.55 **News** (S)
8.00 **Tales from the Riverbank** New edition Clare Balding pays a visit to one of her favourite stretches of water, the River Wharfe, which runs through the heart of the Yorkshire Dales. (S)
9.00 NEW **Inside the Tower of London: Building the World's Greatest Castle** Jason Watkins and Tracy Borman explore how the Tower of London was transformed from a single keep to an epic fortress. (S)
10.00 **The Bodies Under the Patio: Murder in Suburbia** The case of William and Patricia Wycherley, a couple who vanished from their Mansfield home in 1998, leaving neighbours oblivious to the sinister truth. (S)(R)
11.30 **Inheritance: Murder in the Family – The Thomas Kwan Affair** Documentary. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Secret Life of the Forest** (S)(R)
3.50 **Happy Campers: The Caravan Park** Documentary. (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S3) (R)
11.00 **Super Shark Highway** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *I, (Annoyed Grunt)-Bot:* Homer builds a robot for Bart. (S)(R) **5.30** *The Ned-liest Catch:* Ned and Mrs Krabappel embark on a whirlwind romance. (S)(R)
6.00 **The Office (US)** 3/25. Pam bonds with Nellie. (S)(R) **6.30** 4/25. Nellie asks for Andy's help. (S9) (S)(R)
6.55 **The Simpsons** *Diatribe of a Mad Housewife:* Marge decides to write a novel. (S)(R)

9.00 The Mechanic

7.20 **The Simpsons** *Margical History Tour:* Marge stimulates the children's interest in history. (S)(R) **7.45** *Smart & Smarter:* Marge tries to get Maggie into a nursery for gifted children. With Simon Cowell. (S)(R)
8.10 **Rob Beckett's Smart TV** Comedy panel show celebrating the small screen, with guests Richard Osman, Danny Dyer, Motsi Mabuse and Richard Ayoade. (R)
9.00 FILM **The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. A professional assassin goes on a very personal mission to avenge the murder of his friend and mentor. But the situation is complicated when his estranged son turns up wanting a piece of the action. With Tony Goldwyn. (2011, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **An Idiot Abroad** 6/8. Karl heads for Christ the Redeemer in Rio de Janeiro, taking in the culture along the way, and visiting a nudist beach. (S)(R)
12.00 M'T **Veep** (S6) (S)(R)(AD)
1.10 AM **The Force: Manchester** (R)
2.05 **Road Wars** (R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Money for Nothing (S)(R) **12.00noon-1.00pm** First Minister's Questions (S) **12.10** Scotcast (S)(R) **12.40** The Weakest Link (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.55** The Traitors US (S)(R) **2.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Spotlight: Those Who Want Me Dead (S)(R) **11.55pm-12.05am** The Chronicles of Belfast (S)(R)

WALES
Sky 968, Freesat 968
8.00pm Scrum V: The Warm Up (S) **8.30** Great British Menu New edition (S) **9.30-10.00** Villages by the Sea (S)(R) **11.05** David Mitchell's Outsiders New edition (S)(AD) **11.50pm-12.05am** Coast (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Dim Byd i'w Wisgo **1.30** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Yr Afon **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets (AD) **6.30** Cartrefi Cymru **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Jonathan New edition **10.00-11.35pm** Y Llais

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Press X to Continue** A discussion on-screen adaptations of video games.
7.10 **Top Gear** With actors Tom Cruise and Cameron Diaz.
7.55 **The Catch Up**
8.00 LIVE **Athletics: European Indoor Championships** Further coverage of day one from Omnisport Apeldoorn in the Netherlands, where the medals are awarded in the mixed 4x400m relay.
9.00 **Eddie Hall: The Beast v the Mountain** Following Eddie Hall's preparations for a boxing bout with Hafthor 'Thor' Bjornsson.
10.00 **Suits** 13/16. Jessica tries to heal recent rifts at the firm. **10.45** 14/16. Mike takes on a humanitarian case. (S4)
11.25 **Starstruck** 1&2/6. (S2)
12.10 AM **Boot Dreams: Now or Never** Documentary.
1.10 **Becoming Glinda with Ariana Grande**
1.40 **Top Gear** As 7.10pm.
2.25 **My Mate's a Bad Date**
2.45 **Lazy Susan**
3.00 **to 4.00** AM **Normal People**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** From Blenheim Palace in Oxfordshire.
7.30 **Who Do You Think You Are? USA** Actor Martin Sheen traces his ancestry.
8.00 **Timewatch: Killer Storms and Cruel Winters – The History of Extreme Weather** A look at the UK's worst weather disasters.
9.00 FILM **In the Loop** Armando Iannucci's satirical political comedy with Peter Capaldi, Tom Hollander and James Gandolfini. (2009, 15, 101min) ★★★★
10.40 FILM **The Death of Stalin** Armando Iannucci's political satire starring Jason Isaacs and Andrea Riseborough. (2017, 15, 106min) ★★★★
12.20 AM **Climbing Great Buildings** As 7.00pm.
12.50 **Who Do You Think You Are? USA** As 7.30pm.
1.20 **Timewatch: Killer Storms and Cruel Winters...**
2.20 **to 3.20** AM **The Ruth Ellis Files: A Very British Crime Story**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.00 **A New Life in the Sun**
11.00 **Come Dine with Me**
1.40 PM **Four in a Bed**
4.20 **Chateau DIY** Janet and Philip's room renovation suffers some setbacks.
5.25 **The Dog House** A family of four meet cheeky cockapoo puppy Percy.
6.30 **Crufts** New edition Clare Balding presents continued coverage from the NEC in Birmingham, featuring the first agility final.
7.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** The duo look back at shows that highlighted the need to get the balance between home and garden just right.
7.55 **Grand Designs** Kevin McCloud follows a project to transform a classic 1920s cinema in South Yorkshire into a family home. **9.00** Rosa and Craig plan to transform a steam railway reservoir into a home.
10.00 **Britain's Most Expensive Houses** Sales broker John has a vast family home to sell in the New Forest.
11.05 **Two Men on a Bike** 3/4. David and Hugh travel along the Canal du Midi.
12.05 AM **24 Hours in A&E**
1.15 **Emergency Helicopter Medics** Double bill.
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.30 **Modern Family** 18/24. Mitchell and Manny enjoy an outing together. (S1)
8.00 **The Simpsons** *Guess Who's Coming to Criticise Dinner:* Homer becomes a food critic for a newspaper. **8.30** *Treehouse of Horror X:* Homer's computing error plunges Earth into chaos.
9.00 **Married at First Sight Australia** New edition Two new couples join the show.
10.35 **First Dates** Corinne hopes it will be third time lucky.
11.35 **Naked Attraction**
12.35 AM **Married at First Sight Australia** As 9.00pm.
2.10 **Rick and Morty**
2.35 **Common Side Effects** New episode Animation.
3.00 **Abbott Elementary**
3.25 **The Goldbergs**
4.15 **The Neighborhood**
5.05 **to 6.00** AM **Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **New Amsterdam** 9/13. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S1)
2.00 **Chicago Fire** 9/22. Gallo campaigns for Herrmann to represent Firehouse 51 at the winter conference. (S11)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

10.00 The Good Doctor

7 PM 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM 8.00 **Matlock** *Claws:* 5/10. A client puts Matlock to the test when his case opens old wounds. (S1)

9 PM 9.00 **FBI: International** *Call It Anarchy:* 6/22. Vo's friend from the US Navy calls in a favour to help find her nephew in Crete. (S2)

10 PM 10.00 **The Good Doctor** *Claire:* 3/20. Claire faces problems at home and work as she prepares to lead her first surgery. (S3)
11.00 **The Rookie** 14/22. (S4)
12.00 M'T **Law & Order: Organized Crime** 18/22. (S2)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **The Good Doctor** 4/18. (S2)
3.00 **The Rookie: Feds** 14/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets** Double bill.
7.50 **True Blood** 8&9/12. (S3)
10.00 **Six Feet Under** 3&4/13. (S1)
12.10 PM **Game of Thrones** (S5)
1.15 **Big Love** 6&7/10. (S5)
3.30 **True Blood** 8/12. Jessica resumes her lessons on living in harmony with humanity. **4.35** 9/12. Tara jons forces with an unlikely ally. (S3)
5.45 **Six Feet Under** 3/13. Claire takes her revenge on Gabe. **6.50** 4/13. The Fishers are entrusted with a gang member's corpse. (S1)

9.00 Small Town, Big Story

7.55 **Game of Thrones** *The Sons of the Harpy:* 4/10. The militant arm of the Faith of the Seven grows more aggressive, while Jaime and Bronn head south. (S5)

9.00 **Small Town, Big Story** New episode *How Many People Does He Need?* 2/6. Comedy drama. (S1) ■ Entire series on Box Sets

10.00 **Homicide: Life on the Street** *Fits Like a Glove:* 2/20. Gaffney allows a murder site to be washed down prematurely. (S3)
11.00 **Gangs of London** 9/9. (S1)
12.10 AM **Watchmen** 3/9. Laurie Blake takes over the murder investigation in Tulsa. (S1)
1.10 **The Nevers** 3/6. (S1)
2.10 **Mare of Easttown** 3/7. (S1)
3.20 **Game of Thrones** As 7.55pm.
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Flash** 3/20. (S8)
9.00 **Stargate SG-1** 3&4/22. (S3)
11.00 **Supergirl** 12/20. (S1)
12.00 NOON **The Flash** 4/20. (S8)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 15/20. (S5)
5.00 **Supergirl** 11/20. A member of a vengeful alien race kidnaps Senator Crane. (S1)
6.00 **Stargate SG-1** 3/22. The Asgard choos O'Neill to negotiate with the Goa'uld in a bid to decide Earth's fate. (S3)

10.00 Poker Face

7.00 **Stargate SG-1** *Legacy:* 4/22. Daniel Jackson suffers hallucinations while investigating the origin of a stone tablet. (S3)

8.00 **Rob Beckett's Smart TV** Comedy panel show, with guests Richard Osman, Motsi Mabuse, Danny Dyer and Richard Ayoade.

9.00 **Small Town, Big Story** New episode *How Many People Does He Need?* 2/6. Comedy drama. (S1) ■ Entire series on Box Sets

10.00 **Poker Face** *The Stall:* 3/10. Charlie takes a job at a family-run Texas barbecue joint. (S3)
11.05 **An Idiot Abroad** 6/8. Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, taking in the culture of Brazil along the way.
12.05 AM **The Force: Manchester**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 17/22. (S13)
4.00 **Magnum P.I.** 15/20. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 7/22. Paige's social work job is put on hold. (S8)
4.00 **Gilmore Girls** 6/22. Author Norman Mailer shows up at the Dragonfly Inn. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** Featuring Jenny Ryan, David Baddiel and Hollie Arnold.

10.00 G'wed

7.00 **Deal or No Deal** Stephen Mulhern hosts as Carol takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** 4/6. Best friends Conall and Michael from Belfast return to continue their climb up the ladder.

9.00 **Family Guy** 12/18. Quagmire loses his job. **9.30** 13/18. Peter learns Lois has slept with his new friend Bill Clinton. (S5)

10.00 **G'wed** Series finale 5/5. Mr Meacher organises a celebration. (S2)
10.35 **Family Guy** 7/18. Stewie falls in love. (S5)
11.05 **Family Guy** 8/18. Peter, Cleveland and Quagmire join the police force. (S5)
11.35 **American Dad!** 12&5/19. (S2)
12.35 AM **Bob's Burgers** (S13)
1.30 **Don't Hate the Playaz**
2.15 **Deep Fake Neighbour Wars**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal**
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *Service of All the Dead:* A church becomes the scene of a murder.
5.55 **Heartbeat** *Mother's Little Helpers:* Liz Merrick faces a trying time when her patient misses an appointment to discuss medication.

8.00 Vera

6.55 **Heartbeat** *Fool for Love:* Bellamy asks Blaketon how he can convince Gina that he really wants to marry her.

8.00 **Vera** *Muddy Waters:* When a man's body is dredged up from a slurry pit on a remote farm, Vera must connect the dots between the victim and a wounded illegal immigrant who has been working there.

10.00 **Endeavour** *Apollo:* The detective investigates the deaths of an astrophysicist and his girlfriend in a tragic car accident as the rest of the world awaits news of the first moon landings.
12.00 M'T **Trial & Retribution**
12.50 AM **Wycliffe** 1/8. Five bodies are found on an abandoned lorry. (S3)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition Culture and arts news presented by Michelle McManus.
8.00 **Highland Cops** Officers in the Kyle of Lochalsh search the flat of an elderly woman.
9.00 **Mrs Brown's Boys** 3/6. Agnes looks after a robotic baby. (S2)
9.30 **Two Doors Down** 3/6. Beth's hopes of a nice Sunday lunch are dashed. (S2)
10.00 **The Chief** New episode 3/4. A newspaper scoop threatens Miekelson's career. (S1)
10.30 **Best of Chewin' the Fat** 2/10. Highlights of the comedy series. (S1)
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **Burnistoun** 2/6. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Avenue 5** (S1)
9.10 **The Conners** (S5)
10.10 **Vice Principals** (S1)
11.25 **Eastbound & Down**
12.35 PM **Curb Your Enthusiasm** (S3)
1.55 **Vice Principals** (S1)
3.05 **Eastbound & Down**
4.25 **Avenue 5** (S1)
5.40 **The Office (US)** (S9)
6.40 **The Conners** (S5)
7.40 **Curb Your Enthusiasm**
9.00 **Girls** 1/10. Pilot episode of the comedy following the exploits of four women struggling to find their feet in New York. **9.40** 2/10. Marnie finds her attraction to boyfriend Charlie is quickly fading away. (S1)
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.15 **In the Long Run** (S3)
12.15 AM **Veep** (S6)
1.40 **Flight of the Conchords**
3.00 **Eastbound & Down**
4.20 **to 5.00** AM **Avenue 5**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **An American in Paris**
8.20 **Watercolour Challenge**
8.50 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Harold Lloyd: Timeless Comedy Genius**
3.00 **Discovering**
4.00 **Portrait Artist 2021**
5.00 **Tales of the Unexpected**
6.00 **Artist of the Year: Masterclass** New editions Double bill.
7.00 **Landscape Artist**
8.00 **The Directors**
9.00 **FILM Sherlock Holmes and the Secret Weapon** Thriller. (1942, PG) ★★
10.20 **Sean Connery vs James Bond**
11.35 **Literature & Cinema**
12.35 AM **Laurie Lee: The Lost Interview**
1.35 **Hey, Boo: Harper Lee and To Kill a Mockingbird**
3.05 **Urban Myths**
4.00 **to 6.00** AM **Highlights**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **The Force: Manchester**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 18/26. (S7)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** *Living Witness:* 23/26. The crew become the subject of a legend. (S4)
8.00 **Hawaii Five-0** (S8)
9.00 **Murdered at First Sight** The case of Cheryl Moss.
10.00 **How I Caught the Killer** Double bill.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Backyard Builds** New edition DIY series.
8.10 **A Family Affair**
9.10 **Gary Barlow's Wine Tour**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **The Twin Life**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Gary Barlow's Wine Tour**
8.00 **Dinner Date**
9.00 **Emergency Nurses: A&E Stories**
10.00 **Botched** Medical series.
10.55 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Backyard Builds**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 18/22. (S3)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 1/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 17–20/24. (S2)
9.00 **Randall and Hopkirk (Deceased)** *Never Trust a Ghost:* 4/26. Marty is certain he has witnessed a murder. (S1)
10.00 **The Avengers** *Dead Man's Treasure:* 20/24. Steed and Emma hunt for a missing dispatch box. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.00 **Robin of Sherwood**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots** New edition Deathroll makes its return.
12.30 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Sweeney**
6.00 **The Chase Celebrity Special** Featuring Gareth Malone.

9.00 A Fistful of Dollars

7.00 **The Motorbike Show** Henry Cole takes a road trip through the Malvern Hills, ripping up the tarmac on an MV Agusta.

8.00 **Junk and Disorderly** Henry Cole and the team delve into the cast-offs of top collector Matt XX and uncover a vintage Chopper.

9.00 FILM **A Fistful of Dollars** Sergio Leone's Spaghetti Western starring Clint Eastwood as the nameless stranger who rides into a small Mexican border town run by two rival gangs. (1964, 15, 96min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

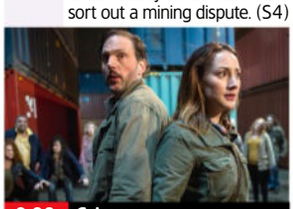
11.10 **Auf Wiedersehen, Pet** 13/13. Work on the site ends. (S1) **12.10** AM 1/13. The British brickies reunite to get Barry's new home ready. (S2)
1.15 **Two and a Half Men** (S1)
2.05 **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 9/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 24/26. (S6)
2.00 **Warehouse 13** 5/20. (S4)
3.00 **Stargate SG-1** 17/20. (S9)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 9/26. Picard takes Wesley on a mission to sort out a mining dispute. (S4)


9.00 Grimm

7.00 **Warehouse 13** *No Pain, No Gain:* 5/20. Pete and Myka investigate a hockey player with remarkable healing abilities. (S4)

8.00 **Stargate SG-1** *The Scourge:* 17/20. Alien insects put the Gamma Site at risk during a diplomatic visit. (S9)

9.00 **Grimm** *Goodnight, Sweet Grimm:* 22/22. Nick and Juliette's romantic reunion is cut short by a horde of zombies. (S2)

10.00 **The Walking Dead** *After:* 9/16. The survivors of the attack on the prison try to come to terms with their new surroundings. (S4)

11.00 FILM **Dracula: Prince of Darkness** Hammer horror starring Christopher Lee and Barbara Shelley. Four travellers stumble upon the castle of the legendary Count Dracula. (1965, 15, 90min) ★★★
1.00 AM **True Blood** 3&4/12. (S2)
3.00 **Chucky** 7/8. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 13/16. (S4)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 13/16. Rex's role in a TV commercial is interrupted by a murder. (S4)
6.00 **Father Brown** *The Last Supper:* A food fayre comes to Kembleford – bringing murder with it. Stars Mark Williams.

9.00 Murdoch Mysteries

7.00 **The Mentalist** *Panama Red:* 10/22. The body of a botanist is found dangling from a rock-climbing wall at a gym. (S5)

8.00 **White Collar** *Out of the Frying Pan:* 2/13. Neal's work with a new handler pits him against Mozzie. Stars Matt Bomer. (S5)

9.00 **Murdoch Mysteries** New episode *A Starlet is Born:* 5/22. A man dies in an explosion intended for a fledgling starlet. (S18)

10.00 **Death in Paradise** *Wicked Wedding Night:* 2/8. A bride is shot dead with a spear gun on her wedding day. (S1)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 9/24. A college professor is found brutally murdered. (S1)
1.55 **So Help Me Todd** 8/10. (S2)
2.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.05 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**

11.00 Bottom

7.00 **Only Fools and Horses** Rodney starts going out with a police officer.
7.40 **Dad's Army** Mainwaring and his platoon have their hands full with two German prisoners. **8.20** A major decides Corporal Jones is too old to be in the Home Guard.

9.00 **Gavin & Stacey** The happy couple return home from their honeymoon. **9.40** Gavin sets out to help Smithy accept his new responsibilities.

10.20 **The Fast Show** Featuring Unlucky Alf and the Fat Sweaty Coppers.

11.00 **Bottom**
11.35 **Inside No 9**
12.15 AM **Here We Go**
12.55 **Gavin & Stacey**
1.35 **The Fast Show**
2.20 **Bottom**
2.50 **Inside No 9**
3.20 **to 4.00** AM **Alma's Not Normal**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **Anthony Bourdain: Parts Unknown** A visit to Bahia, the African heart of Brazil.
8.00 **The Force: Behind the Line**
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Toy Stories**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave look at Britain's love of apples and pears.
6.00 **Rick Stein's Spain** The seafood chef heads for the Extremadura region, famous for paprika and Iberico ham.

7.40 House of Games

7.00 **Would I Lie to You?** With guests Sean Lock, Richard Hammond, Judy Murray and Trevor Noah.
7.40 **Richard Osman's House of Games** Guests include Nabil Abdulrashid. **8.20** Edith Bowman, Fern Brady, Will Kirk and Martin Lewis take part.

9.00 **QI XL** Stephen K Amos, Sara Pascoe and Jason Manford join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Jack Dee hosts the satirical quiz, with guests Hannah Fry and Nabil Abdulrashid.
11.00 **Dave Gorman: Modern Life is Goodish** The alphabet.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? At Christmas** With Rachel Riley.
1.20 **Would I Lie to You?**
2.00 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** From Bristol.
7.00 **Our Farm Next Door: Amanda, Clive and Kids**
8.00 **Kirstie and Phil's Love It or List It** The duo help a couple of baptist ministers in Alnwick, Northumberland.
9.00 **Gogglebox** *Britain's Got Talent* and *I Kissed a Girl* are appraised.
10.00 FILM **Prey** Sci-fi thriller prequel. (2022, 15, 100min) ★★★★
11.55 **Top Guns: Inside the RAF** Documentary.
1.00 AM **Gogglebox**
2.00 **Dispatches: Skinny Jab Scandal**
3.05 **Batch from Scratch: Cooking for Less**
4.05 **to 4.35** AM **Jamie's One-Pan Wonders**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 21-23/24. (S11)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *We Build, We Fight:* 13/24. The team investigate when a gay lieutenant is murdered. **7.00** *Cadence:* 14/24. DiNozzo investigates a murder at the military academy he attended. **8.00** *Cabin Fever:* 15/24. Fornell struggles to deal with recent events. (S12)
9.00 **Blue Bloods** *Help Me Help You:* 16/22. Frank goes head to head with a City Council Speaker. (S6)
10.00 **Law & Order: Special Victims Unit** *Holden's Manifesto:* 4/23. A disturbed man with a vendetta against women seeks revenge. (S16)
11.00 **Law & Order: Special Victims Unit** (S16&15)
1.55 AM **Criminal Minds** (S11)
2.50 **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers** New edition A football fan is caught offside with a stolen luggage claim.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Car Pound Cops**
9.40 **Outback Truckers**
10.40 **Traffic Cops**
11.40 **Police Interceptors**
12.40 PM FILM **The Duel at Silver Creek** Western. (1952, U, 77min) ★★
2.20 FILM **The Man from the Alamo** Western. (1953, U, 76min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Hell** Dave Crouch rescues a truck that has broken down.
10.00 **Shop Smart, Save Money** Gaby Roslin and Ortis Deley take a look at coffee machines.
11.00 **Coastguard: Search & Rescue SOS**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland** Double bill.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Bigger Build Ireland**
7.00 **MasterChef USA** New edition The Top 10 must cook with an array of fiery ingredients from hot sauces to harissa.
8.00 **Ambulance Australia** Shelly and Shane help a hit-and-run victim.
9.00 **At Home with Katherine Ryan**
10.00 **Katie Price: What Harvey Did Next**
11.20 **First Responders**
12.20 AM **Inside the Ambulance**
12.50 **Wedding Valley**
1.50 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.45 PM **Classic EastEnders**
1.55 **Eldorado**
3.05 **Bergerac**
4.15 **All Creatures Great and Small**
5.25 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective**
9.00 **Bergerac** New episode 2/6. Bergerac is determined to find kidnapped baby Lily. (S1)
■ Entire series on U
10.05 **New Tricks** *Old School Ties:* A body is found near a public boarding school.
11.25 **Bergerac**
12.35 AM **Lovejoy**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip** Arusha Irvine and Angus Ashworth traverse south-west Wales. **8.00** Arusha Irvine and Angus Ashworth scour shops in South Wales.
9.00 **My Haunted Hometown** New edition Bellaire is a village along the Ohio River that harbours a bloody history.
10.00 **The Osbournes Want to Believe**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Cash in the Attic**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **The Bidding Room** Items up for sale include a wartime phone.
7.00 **Tenable** Warwick Davis hosts as five nightclub workers from Bridgwater take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link** Quiz with Anne Robinson.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wanted: Dead or Alive** Western drama.
8.50 FILM **Christmas Truce** Romantic war drama. (2015, PG, 88min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Santa Fe** Civil War Western. (1951, U, 87min) ★★
2.55 FILM **King of Texas** Western set in the 1840s. (2001, PG, 90min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **The Foreigner** Crime action thriller. (2003, 15, 92min) ★
11.10 FILM **Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
1.10 AM FILM **Super Collider** Thriller with Robin Dunne. (2013, PG, 90min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Cries in the Dark** Suspense thriller. (2006, PG, 90min) ★★
10.55 FILM **Too Late to Say Goodbye** Thriller. (2009, PG, 95min) ★★★
1.00 PM FILM **A Wicked Vendetta** Thriller. (2018, 12, 90min) ★★
2.55 FILM **My Mother's Stalker** Crime thriller. (2018, 12, 85min) ★
5.00 FILM **Lost Letter Mysteries: Higher Ground** Crime drama. (2017, PG, 84min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **The Da Vinci Code** Conspiracy thriller. (2006, 12, 149min) ★★★
12.05 AM FILM **Nocebo** Thriller. (2022, 15, 96min) ★★★
2.15 FILM **The Threat Next Door** Crime thriller. (2023, PG, 85min) ★★
4.00 **to 6.00** AM FILM **The Wrong Mother** Thriller. (2017, PG, 89min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM FILM **Rome in Love** Drama. (2019, PG) ★★
10.15 FILM **A Summer Romance** Drama. (2019, PG, 90min) ★★
12.05 PM FILM **Love and Sunshine** Drama. (2019, PG, 100min) ★★
2.00 FILM **My Boss's Wedding** Drama. (2021, PG) ★★
4.00 FILM **Our Dream Wedding** Drama. (2020, PG, 87min) ★★
6.05 FILM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
8.00 FILM **A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
9.55 FILM **A Wedding to Remember** Drama. (2020, PG, 85min) ★★
11.55 FILM **The Wedding Wish** Drama. (2007, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Two for the Win** Drama. (2021, PG, 85min) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** 4/32. (S1)
10.30 **Watching** 8/8. (S1)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched** 9/36. (S1)
12.00 NOON **Dick Turpin** (S2)
1.00 PM **Fantasy Island** (S1)
2.00 **The Prisoner** 10/17. (S1)
3.00 **Clive James Live in Las Vegas** Documentary.
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 8/8. (S1)
6.00 **Bewitched** 9/36. (S1)
6.30 **The Monkees** 4/32. (S1)
7.00 **Police Woman** (S1)
8.00 **The Prisoner** 10/17. (S1)
9.00 **Dark Skies** 2/20. (S1)
10.00 **Game On** 4/6. (S2)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Thriller** 1/10. (S1)
1.00 AM **Clive James Live...**
2.00 **Monkey** 18/26. (S1)
3.00 **Bubblegum & Cheese**
3.55 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Outback Crystal Hunters** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Northwestern* has a risky encounter with a bald eagle. **8.00** Heavy ice builds on the *Northwestern*.
9.00 **Monsters Inside Me** A man gets a nasty surprise after surgery. **10.00** An infection threatens to rob a student of her eyeball.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Roux Down the River** Watercress soup.
7.00 **The Pioneer Woman**
9.00 **Jamie Cooks Italy**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Down the River**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie Cooks Italy**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** Paul samples layered honey cake.
9.00 **Roux Down the River**
10.00 **James Martin's Islands to Highlands** The chef goes on a culinary journey around the UK.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 13/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 10/23. (S4)
11.00 FILM **Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
1.00 PM FILM **Jory** Western. (1972, 12, 97min) ★
3.00 FILM **The Pledge** Western. (2008, PG, 79min) ★★★
5.00 **Star Trek** 7/26. (S2)
6.00 **T.J. Hooker** 11/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Street Kings** Crime thriller starring Keanu Reeves. (2008, 15, 105min) ★★★
11.10 FILM **Bushwick** Thriller. (2017, 15, 94min) ★★
1.00 AM FILM **Bad Lieutenant** Abel Ferrara's drama. (1992, 18, 98min) ★★★★
3.00 **to 4.50** AM FILM **Buried** Thriller. (2010, 15, 94min) ★★★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Shark Lake** As shown at 5.00pm.
8.00 **10.5 Apocalypse**
10.00 **Farscape** 14/22. (S2)
11.00 FILM **Beware! The Blob** Sci-fi thriller sequel. (1972, 15, 87min) ★★
1.00 PM FILM **Mammoth** Sci-fi action thriller with Vincent Ventresca. (2006, 12, 90min) ★★★
3.00 **Farscape** 14/22. (S2)
4.00 **Star Trek** 15/26. (S2)
5.00 FILM **Shark Lake** Thriller starring Dolph Lundgren. (2015, 15, 89min) ★★
7.00 **Farscape** 16/22. (S2)
8.00 **Star Trek** 16/26. (S2)
9.00 FILM **Edge of the World** Adventure with Jonathan Rhys Meyers and Dominic Monaghan. (2021, 15, 104min) ★★
11.05 FILM **Paydirt** Crime thriller with Val Kilmer. (2020, 15, 86min) ★
1.00 **to 3.00** AM FILM **Edge of the World** (2021)
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? With William Shatner**
12.10 PM **Weird Britain**
1.05 **Mega Disasters**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **In Search of Aliens**
10.00 **The Proof Is Out There**
11.00 **Close Encounters**
12.00 M'T **Alien Files: Unsealed** Documentary.
1.00 AM **UFO Hunters**
2.00 **Weird or What? With William Shatner**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Isle of Wight: Jewel of the South**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Walking Tudor Britain**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Kate & The King: A Special Relationship** The special bond that has grown between King Charles and Catherine, Princess of Wales.
10.00 **It's a Royal Knockout: The Untold Story**
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** California.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My Lottery Dream Home International**
2.00 **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Christina in the Country** New edition Christina Haack takes on an unfinished basement.
10.00 **The Flip Off** New edition Tarek El Moussa and Heather Rae compete against Christina Hall in a living room flip.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress with Tan France**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Tumour Bigger Than My Head: Body Bizarre** Documentary.
1.00 AM **Extreme Couponing**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 2&3/22. (S3)
12.55 PM **Becker** (S2)
1.50 **Friends** 9-20/24. (S9)
7.55 **Friends** 21/24. Chandler and Monica go to a fertility clinic for tests. **8.30** 22/24. Monica and Chandler look for a sperm donor. (S9)
9.00 **Romesh Ranganathan: Irrational Live** Stand-up.
10.00 FILM **About Last Night** Romantic comedy. (2014, 15, 98min) ★★
12.00 M'T **8 Out of 10 Cats**
1.00 AM **Al Murray: My Gaff, My Rules**
2.00 **Whose Line Is It Anyway? USA**
2.55 **Rose Matafeo: Horndog**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** (S2&3)
11.00 **Friends** (S6&7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** (S2&3)
6.00 **Home Improvement**
8.00 **Last Man Standing** (S3)
9.00 **Out of Order** With guests Kerry Godliman and Mike Wozniak.
10.00 **Friends** (S8&9)
12.30 AM **The Ren & Stimpy Show** Triple bill.
2.00 **The Roast of Charlie Sheen** A comedy tribute to the actor.
3.20 **Al Murray: One Man, One Guvnor Uncut**
4.35 **Michael McIntyre: Hello Wembley!**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **FBI** (S3)
2.00 PM **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **MacGyver** (S5)
9.00 **Send in the Dogs** PC Adele Gibson and her dog Diesel take part in a dawn drugs raid. **10.00** Sgt Midgley tries to qualify as a handler.
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
2.00 AM **A League of Their Own: European Road Trip** Unseen clips.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

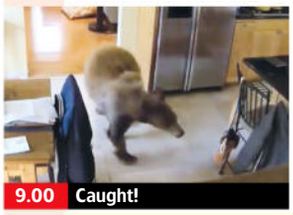
6.00 AM **Daria** 10/13. (S2)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
6.00 PM **Catfish: Firsts**
7.00 **Teen Mom: The Next Chapter** The mums dive into the biggest moments of the season.
8.00 **Rich Kids Go Skint** A happy-go-lucky youngster lives with a single mother-of-two.
9.00 **Teen Mom: The Next Chapter** Leah Shirley starts therapy to address trauma from Amber.
10.00 **Geordie Shore**
11.00 **Jersey Shore Family Vacation** Reality series.
12.00 M'T **Love & Hip Hop: Atlanta** New edition Zane hopes his gesture will get him and Ashley back on the same page.
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **The Best of Wheeler Dealers**
12.00 NOON **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Gold Rush: Parker's Trail**
5.00 **Deadliest Catch** The Bering Sea threatens to claim Sig and Wild Bill's gear unless they can beat the rapidly freezing waters.
6.00 **Wheeler Dealers** Mike gets his hands on an Astra GTE.


9.00 Caught!

7.00 **Salvage Hunters** Drew Pritchard visits Trinity Marine in Exeter as he continues his search for potentially valuable scrap.
8.00 **Kindig Customs** Stories of what happens behind the scenes of the show and projects underway.
9.00 **Caught!** New editions Featuring showdowns and explosions at work. **9.30** Featuring clips of holidays gone wrong.
10.00 **Caught!** New editions Featuring pranks and daring parental rescues. **10.30** Featuring clips of shopping trip fails.
11.00 **Expedition Bigfoot** Bryce talks with a witness who had an experience with Bigfoot.
12.00 M'T **Mountain Monsters** Hunters track unidentified Appalachian creatures.
1.00 AM **Caught!** Four editions.
3.00 **Texas Metal** Documentary.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** With Wyclef Jean.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Monster Croc Invasion**
3.00 **Urban Predator: Lion on the Loose**
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia** An injured dog is left without care.
6.00 **Tanked** The boys set out to build an aquarium into a real washer-dryer unit.

9.00 Meet the Penguins

7.00 **Pit Bulls & Parolees** Tania visits California to pick up a former Villalobos Rescue Centre dog whose adopter has died.
8.00 **Meet the Orangutans** New arrival Peanut is not feeling very well. **8.30** The orphans learn how to make relationships.
9.00 **Meet the Penguins** Mummy's boy Pete won't leave the parental home. **9.30** The staff battle to save a vulnerable chick.
10.00 **Alaska Monsters** A team of outdoorsmen take on the challenge of exploring the Alaska Triangle to find proof of cryptic creatures.
11.00 **Deadliest Sharks**
12.00 M'T **Shark Alley: Legend of Dynamite** A great white shark's journey to maturity.
1.00 AM **Alaska: Surviving the Last Frontier** Documentary.
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Defending Europe**
11.00 **Ice Road Rescue**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **The Great Barrier Reef: Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** Tim and Fuzz restore a 1953 Riley RMF. **6.00** Tim and Fuzz restore a 1971 Lamborghini Espada.

10.00 Lawless Island

7.00 **Air Crash Investigation** Investigators must determine how a freshly serviced plane was released with a fatal flaw.
8.00 **Draining Loch Ness: In Search of the Monster** Advanced scanning technology explores the depths of Loch Ness.
9.00 **Mysterious Islands** The discovery of ancient shipwrecks found sunken off the coast of America's Goat Island.
10.00 **Lawless Island** New edition Oliver sets out on the water with Carl, Matt and a new set of slinky pots.
11.00 **Air Crash Investigation**
12.00 M'T **Construction Fails**
1.00 AM **UFOs: Investigating the Unknown** Efforts to catalogue civilian reports of UFOs.
2.00 **Made in a Day**
2.30 **Abandoned** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **UFOs: The Lost Evidence**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **Dictators' Hideouts**
4.00 **Digging for Britain**
5.00 **Pawn Stars** Rick view a collection of Hard Rock photos.
6.00 **American Pickers** Mike and Jersey John fall hard for a grand South Carolina home.

9.00 Forged in Fire

7.00 **Forged in Fire Tournament of Champions** Four farriers are tasked with creating a San Mai blade.
8.00 **Claw Hunters** Maine's top lobster restaurant confronts the struggles of running a business during the slow winter months.
9.00 **Forged in Fire** New edition Two previous champions face off in a challenge to make a Hollywood-inspired blade.
10.00 **Gangland Chronicles** New editions The Rollin' 60s Neighborhood Crips. **10.30** A look at the Cleveland crime family.
11.00 **Alien Files: Unsealed** Double bill of documentary.
12.00 M'T **Paranormal: Caught on Camera** A ghost spotted on the Gettysburg battlefield.
1.00 AM **Flipping Bangers**
2.00 **Ancient Aliens**
3.00 **Combat Ships**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **WW2 – Battles for Europe**
10.00 **The Architecture the Railways Built** Double bill.
12.00 NOON **Mediterranean with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **WW2 – Frontlines** Examining the Battle of Midway.
6.00 **Antiques Roadshow** A return visit to the historic Abbey Pumping station in Leicester.

8.00 Bangers & Cash

7.00 **Speed with Guy Martin** The motorcycle racer attempts to break the British record for outright speed on a bicycle.
8.00 **Bangers & Cash** New edition Paul heads to the Lake District for a poignant collection from a Mathewsons regular.
9.00 **Dream Car Fixers** New edition Sheldon and Peter search for the Ford Capri Mark 1 that is client Brian's teenage dream.
10.00 **Bangers & Cash** A collection of Austin Mini Metros arrive for auction and a Fiat 850 coupe goes under the hammer.
11.00 **Find It, Fix It, Flog It** A water trough and a cartwheel pique Henry Cole and Simon O'Brien's interest.
12.00 M'T **Mediterranean with Simon Reeve** From Cyprus, Lebanon, Israel and Gaza.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Thursday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop** Triple bill.
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz decide to transform a 1920s Model A Ford pickup truck.
9.00 **Wheeler Dealers** Mike has found a rare 33-year-old Peugeot 405 while in Portugal.
10.00 **The Ultimate Cycling Show** New edition A guide to bike racing on the track, road and in the mountains.
11.00 **How Do They Do It?**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **People Magazine Investigates** An unsolved case from 1977.
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV** An elderly woman is beaten to death in her home.
9.00 **Evil Lives Here** New edition True-crime.
10.00 **Evil Lives Here**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** April Millsap.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Crimes That Shook Australia** Investigating a frenzied shooting spree by Julian Knight.
8.00 **Secrets of a Murder Detective** DI Steve Keogh uncovers secrets in Julian Webb's murder.
9.00 **Forensic Factor** Experts reveal the clues nature leaves behind on a human corpse.
10.00 **Bloodline Detectives** New edition In 1986, police struggle to find a young mother's killer.
11.00 **Prosecuting Evil with Kelly Siegler**
12.00 M'T **Nightmare Next Door** True-crime.
1.00 AM **Forensic Factor**
2.00 **Bloodline Detectives**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
11.00 **Medical Detectives**
2.00 PM **48 Hours** Two children vanish and an Idaho mother won't say where they are. **3.00** When a college student goes missing, the Find My Friends app leads police to her body.
4.00 **Medical Detectives** Investigating fatalities in a Texan hospital. **4.30** An attack on two boys during a fishing trip. **5.00** Police wonder if two cases are connected. **5.30** The murder of a prostitute found dead in an Ohio waterway. **6.00** The wife of a doctor goes missing. **6.30** The murder of a high-school girl.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
6.30 **Highway Patrol**
7.00 **The Force: Manchester**
8.00 **Road Wars**
9.00 **Nothing to Declare**
10.00 **Send in the Dogs**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** A woman's body is found in a bin.
10.00 **Murdered at First Sight**
11.00 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught...**
2.00 **Snapped** Double bill.
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Mafia's Greatest Hits**
9.40 **Thirties in Colour: Countdown to War**
10.40 **Impossible Peace**
11.50 **Nazi Town, USA**
1.00 PM **Mafia's Greatest Hits** John Gotti.
2.05 **Thirties in Colour: Countdown to War**
3.05 **Impossible Peace**
4.10 **Nazi Town, USA**
5.20 **The US and the Holocaust** Germany invades the Soviet Union.
6.30 **Mafia's Greatest Hits**
7.35 **Thirties in Colour: Countdown to War**
8.35 **Impossible Peace** New edition By the late 1920s, Europe appeared to have put the economic strife of war.
9.45 **Nazi Town, USA**
10.50 **Mafia's Greatest Hits**
12.00 M'T **Thirties in Colour: Countdown to War**
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Gaming Wall St**
7.00 **Discovering: Sally Field**
8.00 **The Directors**
9.00 **The 2010s**
10.00 **Juan Carlos: Downfall of the King** As shown at 7.00pm.
11.00 **Superpowered: The DC Story**
12.00 NOON **Wild Wild Space**
1.50 PM **My Icon: Michael Holding**
2.00 **Siempre, Luis** Documentary.
3.50 **My Icon: Pam Cookey**
4.00 **The Directors**
5.00 **Discovering: Sally Field**
6.00 **The 2010s**
7.00 **Juan Carlos: Downfall of the King** 4/4. Juan Carlos abdicates and flees into exile.
8.00 **Rewriting Trump** A look at the political career of Donald Trump.
10.00 **King of the Apocalypse** Dakota Adams explores the American right-wing militia.
11.45 **Paul Simon: In Restless Dreams** 1&2/2. Documentary exploring the 60-year career of the singer-songwriter.
4.00 AM **The Directors**
5.00 **to 6.00** AM **Discovering: Sally Field**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Undiscovered Vistas**
9.00 **Patagonia**
10.00 **Guardians of the Wild**
11.00 **Super Shark Highway**
12.00 NOON **Mysteries of the Mekong** Documentary.
1.00 PM **Monkey Life**
2.00 **Undiscovered Vistas**
3.00 **Patagonia**
4.00 **Guardians of the Wild**
5.00 **Africa's Hidden Kingdoms**
6.00 **Mysteries of the Mekong**
7.00 **Monkey Life** Double bill.
8.00 **Waterworld Africa** An unusual colony of penguins.
9.00 **Australia's Hidden Islands** A look at Kangaroo Island.
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hidden Kingdoms**
12.00 M'T **Super Shark Highway**
1.00 AM **Wildlife Rescue New Zealand** Documentary.
2.00 **Waterworld Africa**
3.00 **Australia's Hidden Islands**
4.00 **Undiscovered Vistas**
5.00 **to 6.00** AM **Patagonia**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Invasion: The Normans**
2.00 **Weird Britain**
3.00 **Lost Relic Hunters**
4.00 **Battle 360**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFOs Declassified**
8.00 **Egypt's Unexplained Files** The mysteries of ancient Egypt's elite.
9.00 **Holy Marvels with Dennis Quaid** The Hollywood actor investigates the stories of sacred and holy relics.
10.00 **History's Greatest Mysteries** How, after centuries of searching, Blackbeard's epic hoard remains missing.
11.00 **Lost Cities of the Trojans**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **UFOs Declassified**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Murder By Medic**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding Something** Documentary.
2.00 **Witness to Murder: Digital Evidence**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Murder By Medic**
9.00 NEW SERIES **Homicide Squad: New Orleans**
10.00 **Ozark Law** New edition
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **Homicide Squad: New...**
3.00 **Britain's Darkest Taboos**
4.00 **Ozark Law**
5.00 **to 6.00** AM **On the Case...**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo: North Carolina**
9.00 **World's Deadliest**
10.00 **Alaska Fish Wars**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild, Smart and Deadly**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Two manatee orphans arrive at the zoo before returning to the wild.
8.00 **Bite, Sting, Kill** 1/2. Footage of the world's deadliest animals.
9.00 **Last of the Giants: Wild Fish** Cyril and his team take on backbreaking waves and jagged reefs with their armed police escort to collect DNA samples desperately needed by scientists.
10.00 **Ice Road Rescue** Double bill.
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Quest for Captain Kidd**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Expedition Bigfoot** A hypnotist unlocks the memories of a potential witness and learns an intriguing new detail.
8.00 **Quest for Captain Kidd** Barry Clifford travels to Madagascar, where he discovers relics and traces of the ship that once belonged to one of the world's most infamous pirates.
9.00 **Combat Dealers** Bruce views a collector's haul of Spitfires.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Feasting with Panthers:* Dashwood investigates a theft and burglary incident, while Sgt Penny has a run-in with Stamp. **5.30** *By the Book:* WPC Datta deals with an upset drug addict at a pharmacy. **6.00** *Beer and Bicycles:* Alcohol is found in the locker room. **6.30** *Grace of God:* A man at a car yard complains about youngsters damaging cars.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** Black Widower: 1/4. A woman is found dead in a *Lord of the Rings*-themed tourist attraction, and seems to have been killed by an impossibly powerful dose of spider venom. (S3)
11.00 **The Bill** Four episodes.
1.10 AM **Top of the Pops**
3.00 **The Brokenwood Mysteries**
4.40 **Abandoned Engineering**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **The Lies That Bind**
9.00 **The Killer Beside Me**
11.00 **Evil Lives Here**
1.00 PM **Lone Star Justice**
3.00 **Murder in the Heartland**
5.00 **Love, Honor, Betray**
6.00 **Murder Loves Company**
7.00 **The Perfect Murder** Focusing on the case of Jeffery Locker, who was stabbed to death. **8.00** The crimes of lawyer Carlos Perez-Olivo, who in 2006 shot his wife in the head the same day he sent flowers to his long-time mistress.
9.00 **Murder in the Heartland** Mother-of-two Beth Kutz vanishes in Poynette, Wisconsin.
10.00 **Born Evil: The Serial Killer & the Saviour** A young woman vanishes into thin air.
11.00 **Quiet on Set: The Dark Side of Kids TV** Double bill.
1.00 AM **The Lake Erie Murders**
2.00 **Love, Honor, Betray**
3.00 **Murder Loves Company**
4.00 **to 6.00** AM **The Perfect Murder**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Lucky!**
5.00 **Richard Hammond's Workshop** Motoring series.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Lucky!** Formula 1's maestro Bernie Ecclestone finally bows out with style.
9.00 **Shed and Buried: Classic Cars** A Model A Ford pick-up truck.
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 M'T **Lucky!**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

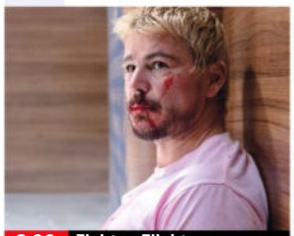
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.25 AM **Black Dog** As 2.30pm.
9.35 **Fox and Hare Save the Forest** Animated family adventure. (2024, U, 71 min)
11.00 **The Garfield Movie** Animation featuring the voice of Chris Pratt. (2023, U, 101 min) ★★★
12.45 PM **Fight or Flight** As 8pm.
2.30 **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min)
4.30 **The Watched** As 11.40pm.
6.15 **The Line** Drama starring Alex Wolff. (2023, 15, 100min)



8.00 Fight or Flight

8.00 **Fight or Flight** Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **MaXXXine** Horror thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actress Maxine Minx is stalked by a mysterious killer. With Kevin Bacon and Elizabeth Debicki. (2024, 18, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Watched** Horror thriller starring Dakota Fanning. (2024, 15, 102min) ★★
1.30 AM **The Line** As 6.15pm.
3.20 **A Place Called Silence** Chinese thriller starring Eric Wang and Ning Chang. Subtitled. (2024, 15, 119min)
5.30 **to 7.30** AM **Black Dog** (2024)

Sky Cinema Hits

303 403 503 517

6.00 AM **One Day as a Lion** (2023)
7.45 **57 Seconds** As 2.45am.
9.40 **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
11.55 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★★
1.50 PM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
3.50 **Knocked Up** Romantic comedy. (2007, 15, 129min) ★★★★
6.05 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★

6.05 Bob Marley: One Love

8.00 **8 Mile** Urban drama starring Eminem, Kim Basinger and Brittany Murphy. Detroit youth Jimmy 'Rabbit' Smith dreams of escaping his dysfunctional home and dead-end job and making it as a hip-hop star. (2002, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Monkey Man** Action thriller starring Dev Patel and Sharlto Copley. A man unleashes a campaign of vengeance against the men who killed his mother. (2024, 18, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Color Purple** Musical drama with Taraji P Henson. (2023, 12, 141 min) ★★★
2.45 **57 Seconds** Fantasy thriller starring Josh Hutcherson. (2023, 15, 99min) ★★★
4.35 **to 6.15** AM **One Day as a Lion** Action thriller with Scott Caan. (2023, 15, 87min) ★★★

Sky Cinema Drama

310 410 510 524

7.25 AM **Straight Outta Compton** Biopic of hip-hop group NWA. (2015, 15, 147min) ★★★
10.10 **She Came to Me** Comedy drama. (2023, 15, 102min) ★★★★
12.05 PM **The United States vs. Billie Holiday** As shown at 10.00pm.
2.25 **Lady Bird** Comedy drama. (2017, 15, 94min) ★★★★★
4.10 **One Life** Fact-based drama. (2023, 12, 105min) ★★★★
6.10 **The Great Escaper** Fact-based drama starring Michael Caine and Glenda Jackson in her final film. (2023, 12, 96min) ★★★★
8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel based on the best-selling novel by Helen Fielding, starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★★
10.00 **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
2.20 AM **Drift** Drama starring Cynthia Erivo. (2023, 15, 93min) ★★★★
2.05 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
3.50 **Calvary** Darkly comic drama. (2014, 15, 99min) ★★★★
5.45 **to 7.20** AM **Monsoon** Drama. (2019, 12, 85min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.00 AM **Dark Skies** As 1.35am.
8.50 **If You Were the Last** (2023)
10.30 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
12.05 PM **Ready Player One** Fantasy. (2018, 12, 140min) ★★★★
2.30 **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
4.25 **Resident Evil: Afterlife** Sci-fi sequel. (2010, 15, 96min) ★★★
6.15 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★
8.00 **World War Z** Apocalyptic action thriller starring Brad Pitt. A UN investigator tries to stop the fast-spreading zombie virus that is overwhelming the world. (2013, 15, 116min) ★★★★
10.05 **Sinister** Horror thriller starring Ethan Hawke and Juliet Rylance. (2012, 15, 105min) ★★★
12.00 M'T **Out of Darkness** Horror. (2022, 15, 88min) ★★★
1.35 AM **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
3.20 **If You Were the Last** Sci-fi romantic comedy with Zoë Chao. (2023, 15, 92min) ★★★★
5.00 **to 6.45** AM **Resident Evil: Damnation** Animated thriller sequel. (2012, 15, 95min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Kids Books

306 406 506 520

6.00 AM **The Cinema List: Family**
6.20 **The Amazing Maurice** (2022)
8.10 **The Secret Garden** (2020)
10.05 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
11.50 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
2.00 PM **Pan** As shown at 2.35am.
4.00 **Matilda** Fantasy drama. (1996, PG, 98min) ★★★★
5.55 **The Witches** Fantasy. (1989, PG, 90min) ★★★★

9.15 The Amazing Maurice

7.40 The Rugrats Movie Children's animated comedy based on the popular TV series. (1998, U, 80min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 The Amazing Maurice Animated adventure based on Terry Pratchett's story, featuring the voices of Hugh Laurie, Emilia Clarke and David Thewlis. A streetwise cat finds a kid who has a horde of strangely literate rats. (2022, PG, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Secret Garden** Family drama starring Colin Firth. (2020, PG, 99min) ★★★★
12.50 AM **The Witches** As 5.55pm.
2.35 **Pan** Fantasy adventure prequel to *Peter Pan*, starring Levi Miller and Hugh Jackman. (2015, PG, 111min) ★★★
4.35 **Sky Cinema Preview**
5.25 **to 7.25** AM **The Portable Door** Fantasy adventure with Christoph Waltz and Sam Neill. (2023, PG, 130min) ★★★

Sky Cinema Martial Arts

307 407 507 521

6.45 AM **Project A** As 1.25am.
8.35 **Project A, Part II** As 3.15am.
10.25 **Game of Death** Adventure. (1978, 18, 82min) ★★★
12.10 PM **Game of Death II** Adventure. (1980, 18) ★★★
2.00 **The Karate Kid: Part III** Adventure. (1989, PG) ★
4.00 **The Next Karate Kid** Adventure. (1994, PG) ★★
6.00 **The Equalizer 3** Thriller sequel starring Denzel Washington. (2023, 15, 109min) ★★★

10.00 Yes, Madam!

8.00 The Beekeeper Action thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

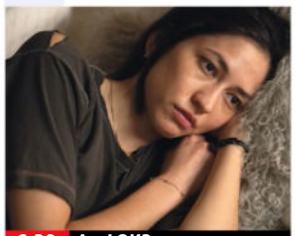
10.00 Yes, Madam! Hong Kong action comedy starring Michelle Yeoh and Cynthia Rothrock. Subtitled. (1985, 18, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Way of the Dragon** Martial arts action adventure starring Bruce Lee and Chuck Norris. (1972, 18, 99min) ★★★
1.25 AM **Project A** Hong Kong martial arts thriller starring Jackie Chan. Subtitled. (1985, 12, 72min) ★★★
3.15 **Project A, Part II** Hong Kong comedy adventure. Subtitled (1987, 15, 94min) ★★★
5.05 **to 6.55** AM **The Beekeeper**

Sky Cinema Comedy

308 408 508 522

6.30 AM **The Boss** (2015, 15) ★★★
8.10 **Click** (2006, 12) ★★★★
10.00 **Mr Deeds** (2002, 12) ★★★
11.40 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
1.35 PM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
3.05 **Sausage Party** Animation. (2016, 15, 89min) ★★★
4.40 **Friends with Benefits** Comedy. (2011, 15, 105min) ★★★
6.30 **Am I OK?** Comedy drama. (2022, 15, 86min) ★★★



6.30 Am I OK?

8.00 Bowfinger Comedy with Steve Martin and Eddie Murphy. A low-budget Hollywood producer makes the town's top actor the unwitting star of his latest sci-fi movie. (1999, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

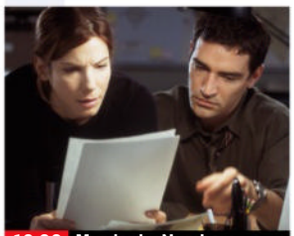
9.45 Balls of Fury Spoof martial arts movie starring Dan Fogler and Christopher Walken. A former Olympic table tennis champion is brought out of retirement to infiltrate a tournament being held by an oriental criminal mastermind. (2007, 12, 90min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★
1.20 AM **My Big Fat Greek Wedding 3** Romantic comedy sequel. (2023, 12, 92min) ★★
3.00 **Am I OK?** As 6.30pm.
4.35 **to 6.55** AM **Downsizing** Sci-fi comedy. (2017, 15) ★★★★

Sky Cinema Thriller

309 409 509 523

6.05 AM **Head Count** As 1.50am.
7.40 **The Accountant** Thriller. (2016, 15, 123min) ★★★
10.00 **The Big Heat** As 12.10am.
11.40 **Rumble Through the Dark** Thriller. (2023, 15) ★★★
1.45 PM **Ocean's Thirteen** Thriller sequel. (2007, PG) ★★★
4.00 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
5.50 **John Wick: Chapter 2** Action sequel starring Keanu Reeves. (2017, 15, 122min) ★★★★



10.00 Murder by Numbers

8.00 Ocean's Eight Crime caper starring Sandra Bullock, Cate Blanchett, Anne Hathaway and Mindy Kaling. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Murder by Numbers Thriller starring Sandra Bullock as a veteran cop investigating a murder committed for kicks by two high-school students. With Ben Chaplin. (2002, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Big Heat** Thriller. (1953, b/w, 15, 90min) ★★★★
1.50 **Head Count** Crime thriller. (2023, 15, 77min) ★★★
3.25 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★
5.05 **to 7.15** AM **The Saint** Big-screen version of the TV series. (1997, 12, 116min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **23 Paces to Baker Street** Thriller. (1956, PG) ★★★
1.10 PM **The Last Hurrah** Drama. (1958, b/w, U, 121min) ★★★
3.30 **Hue and Cry** Classic comedy. (1946, b/w, U, 82min) ★★★
5.10 **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
7.10 **Made in Italy** Comedy drama starring Liam Neeson. (2020, 15, 94min) ★★★

9.00 The Green Mile

Made in Italy (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Green Mile Supernatural prison drama based on the novella by Stephen King, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

12.45 **to 3.40** AM **Maze Runner: The Death Cure** The final part of the sci-fi trilogy based on James Dashner's series of novels, starring Dylan O'Brien and Ki Hong Lee. A group of young people venture into a deadly labyrinth in search of their captive friends. (2018, 12, 142min) ★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Ultimate Action

302 402 502 516

7.30 AM **Shooter** As 4.10am.
9.40 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
11.55 **Haywire** Action thriller. (2012, 15, 88min) ★★★★
1.30 PM **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
4.00 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★

6.00 **Jack Reacher: Never Go Back** Action thriller sequel with Tom Cruise. (2016, 12, 118min) ★★★
8.00 **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. (2023, 12, 163min) ★★★★
10.45 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★

12.40 AM **Days of Thunder** High-speed drama starring Tom Cruise. (1990, 15, 107min) ★★★
2.35 **Bullet to the Head** Action thriller. (2012, 15, 89min) ★★★
4.10 **to 6.20** AM **Shooter** Action thriller starring Mark Wahlberg. (2007, 15, 125min) ★★★★

Sky Cinema Women in Film

304 404 504 518

7.30 AM **Thelma** Action comedy. (2024, 12, 98min) ★★★★
9.15 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★
11.55 **Madame Web** Fantasy. (2024, 12, 116min) ★★★
1.55 PM **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
4.20 **Book of Love** Romantic comedy. (2022, 12, 106min) ★★★

6.10 **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, with Meryl Streep. (2008, PG, 108min) ★★★★
8.00 **Mean Girls** Musical adaptation of the 2004 cult teen comedy, starring Angourie Rice and Tina Fey. (2023, 12, 112min) ★★★
10.00 **Miss Congeniality** Comedy starring Sandra Bullock. (2000, 12, 109min) ★★★★
12.00 M'T **A League of Their Own** Comedy drama with Geena Davis. (1992, PG, 124min) ★★★★

2.15 AM **It's Complicated** Romantic comedy starring Meryl Streep. (2009, 15, 115min) ★★★★
4.25 **The Cinema List: Women Oscar Winners**
4.45 **to 6.20** AM **My First Summer** Drama with Markella Kavenagh. (2020, 15, 80min) ★★★

Sky Cinema Animation

305 412 500 514

6.25 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** (2021) ★★★
7.55 **Trolls** Animated musical. (2016, U, 92min) ★★★
9.35 **Over the Hedge** As 7.35pm.
11.05 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
12.45 PM **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★

2.25 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
4.00 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
5.50 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
7.35 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
9.05 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
10.35 **The Canterville Ghost** Animation. (2023, PG) ★★
12.10 AM **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★

1.45 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
3.10 **Straight Outta Nowhere: Scooby-Doo! Meets Courage...**
4.40 **to 6.00** AM **The Swan Princess: The Secret of the Castle** Animation. (1997, U, 89min) ★★

Movies 24

312 419

7.00 AM **Love in Whitbrooke** Drama. (2021, PG, 88min) ★★
9.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
11.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **Scented with Love** Romantic drama with Rebecca Olson. (2022, PG, 83min) ★★
3.00 **Love, Classified** Drama. (2022, PG, 90min) ★★

5.00 **The Proposal Spot** Romantic drama. (2023, PG, 90min) ★★
7.00 **Planning on Forever** Romantic comedy starring Emily Tennant. (2022, PG, 89min) ★★
9.00 **Savoring Paris** Romantic drama with Bethany Joy Lenz and Stanley Weber. A disillusioned woman makes a soul-searching journey to Paris where she navigates love and self-discovery. (2024, PG, 90min) ★★
11.00 **Sweeter Than Chocolate** Comedy. (2023, PG, 84min) ★★

1.00 AM **Paging Mr Darcy** Romantic drama starring Mallory Jansen. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Styled with Love** Romantic comedy drama. (2022, PG, 89min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Sherlock Holmes** 1/39. (S1)
6.35 **What's On TPTV with Noel**
6.45 **Valley of the Dragons** Fantasy adventure with Cesare Danova. (1961, b/w, PG, 87min) ★★
8.25 **Look at Life**
8.45 **The More the Merrier** Comedy. (1943, b/w, PG, 97min) ★★★
10.50 **The Wicked Lady** Swashbuckling costume drama. (1945, b/w, PG, 104min) ★★★★

12.55 PM **Lease of Life** Drama. (1954, U, 91min) ★★
2.45 **Look at Life**
3.00 **Crown Court** Triple bill.
4.30 **Small Hotel** Comedy. (1957, b/w, U, 58min) ★★★
5.40 **Look at Life**
5.55 **Malta Story** Wartime drama starring Alec Guinness. (1953, b/w, U, 103min) ★★★
8.00 **The Brothers** 12/13. (S5)
9.05 **Reckless** 4/6. Time runs out for Owen and Anna. (S1)
10.10 **The Gold Robbers** 2/13. (S1)

11.15 **Brides in the Bath** Serial killer drama starring Martin Kemp.
1.20 AM **Blonde Fist** Drama. (1991, 15, 102min) ★★
3.25 **Blood on the Sun** Action drama. (1945, b/w, PG, 93min) ★★★
5.20 **Look at Life**
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE LPGA Tour Golf** Coverage of the opening day of the Blue Bay LPGA at Jian Lake Blue Bay Golf Course in China.
9.00 **LIVE NRL Sydney Roosters v Brisbane Broncos.** Coverage of the match from the first round of fixtures at Allianz Stadium. Kick-off 9.00am.
11.00 **LIVE DP World Tour Golf** Coverage of the opening day's play of the Joburg Open staged at Houghton Golf Club in Johannesburg, South Africa.
12.30 PM **LIVE PGA Tour Golf** Coverage of the early stages on day one of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
7.00 **LIVE Premier League Darts** Coverage of the fifth night of the tournament staged at the Brighton Centre with a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 **The Gloves Are Off**
11.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of day two of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** A look at memorable moments from the 1992/93 season.
3.00 **PL Retro** West Ham United v Tottenham Hotspur in 2006/07.
5.00 **Best PL Goals 17/18** The most spectacular goals of the season.
6.00 **Premier League 100 Club**
6.30 **Premier League 100: Michael Owen** The former Liverpool striker reflects on his career.
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Manchester United v Liverpool from 2008/09.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Retro League One**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **When Aberdeen Ruled Europe**
12.00 NOON **WSL** Recent action.
2.00 PM **EFL Highlights**
3.00 **Bundesliga Highlights Show**
4.00 **WSL** Chelsea v Leicester City.
4.30 **EFL Highlights**
6.00 **WSL** Chelsea v Leicester City.
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights** Championship.
8.00 **Scottish Premiership Round-Up**
8.15 **SPFL Highlights**
8.45 **EFL Highlights**
9.00 **Bundesliga Weekly**
9.30 **WSL** Chelsea v Leicester City.
10.00 **Scottish Premiership Round-Up**
10.15 **SPFL Highlights**
10.45 **EFL Highlights** Championship.
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **Champions 83**
12.30 AM **Edinburgh Derby**
1.00 **Craig Brown: My Scotland**
1.30 **There's Only One Sauzee**
2.00 **SPFL Greatest Games**
3.30 **SPFL Highlights**
4.00 **SPFL Greatest Games**
5.00 **to 6.00** AM **Henrik Larsson: 20 Years On**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **WPL** Highlights of UP Warriorz v Mumbai Indians.
7.00 **ICC Champions Trophy Cricket**
9.00 **WPL** Highlights of UP Warriorz v Mumbai Indians from Lucknow.
10.00 **ICC Champions Trophy Cricket**
12.00 NOON **WPL** Recent action.
1.50 PM **LIVE WPL UP Warriorz v Mumbai Indians.** Coverage of the Women's Premier League match staged at Ekana Cricket Stadium in Lucknow.
5.30 **Best of ICC WT20**
6.00 **ICC Champions Trophy Cricket**
8.00 **WPL** Highlights from UP Warriorz v Mumbai Indians staged at Ekana Cricket Stadium in Lucknow.
9.00 **ICC Champions Trophy Cricket** Pakistan v India: Action from the Group A match at Dubai International Cricket Stadium.
10.00 **IPL** Highlights of Chennai Super Kings v Gujarat Titans.
11.00 **WPL** Highlights from UP Warriorz v Mumbai Indians.
12.00 M'T **ICC Champions Trophy Cricket** Recent highlights.
1.00 AM **WPL** Another chance to see UP Warriorz v Mumbai Indians.
4.40 **Ashes Greats** Archive action.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM **LIVE LPGA Tour Golf** Day one of the Blue Bay LPGA at Jian Lake Blue Bay Golf Course, China.
9.00 **LIVE Golf** Coverage of day one of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club in Vietnam.
10.00 **PGA Tour: The Cut**
10.30 **Golf's Greatest Holes**
11.00 **LIVE DP World Tour Golf** Coverage of day one of the Joburg Open from Houghton Golf Club in Johannesburg, South Africa.
4.00 PM **LIVE PGA Tour Golf** Coverage of the opening day's play of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
11.00 **Golf's Greatest Holes**
11.30 **The Players Championship**
12.00 M'T **Golf Academy**
1.00 AM **Golf: Mr Palmer's Legacy**
1.45 **Masterpiece Theatre**
2.00 **PGA Tour Golf** Highlights.
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Sizzle Reel 2024**
6.15 **WTA Sizzle Reel 2024**
6.30 **ATP Tennis** Action from Dubai.
7.30 **ATP 2024 Best of Jack Draper**
7.45 **Bitesize Tennis** San Diego Open.
8.00 **WTA & ATP Tennis**
12.00 NOON **WTA Tennis** The WTA Dubai Tennis Championships final.
1.00 PM **ATP Tennis** Doha Open final.
2.00 **WTA Tennis** Action from Dubai.
2.30 **ATP Tour This Week**
3.00 **WTA & ATP Tennis**
7.00 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the second day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in Indian Wells, California.

TNT Sports 1

410 870 527 408 430

6.15 AM **Marathons** Tokyo Marathon.
7.15 **Discovery Golf**
7.45 **MotoGP Highlights**
8.45 **LIVE AFL Brisbane Lions v Geelong Cats.** Coverage from Brisbane. Bounce-up 8.50am.
11.45 **MotoGP Rewind**
12.00 NOON **UEFA Champions League Highlights Show**
1.00 PM **LIVE Skiing** Coverage of the sprint race in Morgins, Switzerland.
2.00 **Serie A – Full Impact**
2.30 **Premier League Stories**
3.00 **UEFA Champions League**
4.00 **UEFA Europa League & Conference League Magazine**
5.00 **LIVE UEFA Conference League** A last-16 first-leg.
7.45 **LIVE UEFA Europa League** Coverage of a last-16 first-leg.
10.30 **UEFA Europa & Conference League Highlights**
11.30 **The TNT Sports Cycling Show**
12.00 M'T **NBA Tip-Off**
12.30 AM **LIVE NBA Boston Celtics v Philadelphia 76ers.** Coverage from TD Garden. Tip-off 12.30am.
3.00 **LIVE NBA Los Angeles Lakers v New York Knicks.** From Crypto.com Arena. Tip-off 3.00am.
5.30 **to 6.30** AM **Inside the NBA**

TNT Sports 2

411 871 528 409 431

6.00 AM **LIVE Snooker World Grand Prix** Coverage from the first session of the second round at Kai Tak Sports Park, Hong Kong.
9.00 AM **Ultimate Pool**
10.30 **Marathons** Tokyo Marathon.
11.30 **LIVE Snooker World Grand Prix** Coverage from the second session of the second round of the tournament staged at Kai Tak Sports Park in Hong Kong.
3.30 PM **Discovery Golf**
4.00 **The TNT Sports Cycling Show**
4.30 **NBA** A replay of Milwaukee Bucks v Dallas Mavericks.
6.00 **NBA Action** Highlights.
6.30 **Premier League: Big Interview**
7.00 **LIVE UEFA Europa League** Coverage of a last-16 match.
10.30 **Snooker World Grand Prix**
12.30 AM **Ultimate Pool** Group Nine of the Champions League.
2.00 **Fight Week** UFC 313 preview.
2.30 **UFC Countdown**
3.30 **Isuzu A-League Highlights**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **LIVE Snooker World Grand Prix** Coverage from the first session of the quarter-finals staged at Kai Tak Sports Park in Hong Kong.

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **LIVE NRL Sydney Roosters v Brisbane Broncos.** Coverage of the match from the first round of fixtures staged at Allianz Stadium. Kick-off 9.00am.
11.00 **Fight Night International**
12.00 NOON **Super League Highlights** Top-flight action.
1.00 PM **The Rugby Championship**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive** Another chance to see James Toney v Roy Jones Jr from 1994.
6.15 **Super League Highlights**
7.30 **LIVE Super League Hull FC v Leigh Leopards.** Coverage of the match from the fourth round of fixtures from MKM Stadium. Kick-off 8.00pm.
10.15 **Girlz Are Playaz Too** Priscilla Anyabu explores what it's like for women to participate in boxing.
10.45 **Super League Highlights**
1.00 AM **Super League** Another chance to see Hull FC v Leigh Leopards at MKM Stadium.
3.45 **Top Rank Boxing Archive**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **LIVE Golf** Coverage of day one of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club in Vietnam.
10.00 **The Football Show** A look at all the major stories making the football headlines this morning.
12.00 NOON **Lunchtime Live**
12.30 PM **LIVE PGA Tour Golf** Coverage of the early stages on day one of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
7.00 **LIVE Premier League Darts** Coverage of the fifth night of the tournament staged at the Brighton Centre, with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals are Gerwyn Price v Michael van Gerwen, Luke Littler v Chris Dobey, Rob Cross v Luke Humphries and Stephen Bunting v Nathan Aspinall.
11.00 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the second day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in Indian Wells, California.

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League**
9.00 **Fight Night** Two bout replays.
11.00 **PGA Tour Golf**
12.00 NOON **Super League**
3.00 PM **Fight Night**
4.00 **The Gloves Are Off**
4.30 **Behind the Ropes**
5.00 **ICC Champions Trophy Cricket**
6.00 **PGA Tour Golf** Cognizant Classic.
7.00 **ATP Tennis** Recent finals.
9.00 **Fight Night** Jonas v Mayer.
10.00 **The Gloves Are Off**
10.30 **Behind the Ropes**
11.00 **WPL** Action from India.
12.00 M'T **Champions Trophy Cricket**
1.00 AM **Fight Night**
2.00 **PGA Tour Golf** Highlights.
3.00 **Super League Highlights**
4.00 **Fight Night** Jonas v Mayer.
5.00 **to 6.00** AM **WPL**

TNT Sports 3

413 874 529 410 432

6.00 AM **UEFA Champions League**
10.00 **UEFA Europa League & Conference League Magazine**
11.00 **Serie A: Full Impact**
11.30 **Isuzu A-League Highlights**
12.00 NOON **Ninja A-League Women Highlights** Recent action.
12.30 PM **Discovery Golf**
1.00 **Fight Night Live**
3.00 **Women's One-Day International Cricket** Highlights from New Zealand v Sri Lanka.
4.00 **Allianz Premiership Women's Rugby** The latest action.
6.00 **MotoGP Highlights** Action from the Grand Prix of Thailand.
7.00 **LIVE UEFA Europa League** Coverage of a last-16 first-leg.
10.30 **AFL** Another chance to see Brisbane Lions v Geelong Cats.
12.30 AM **UEFA Conference League**
1.00 **UEFA Europa League**
3.00 **TNT Sports Reload**
3.30 **Ski Mountaineering**
4.00 **to 6.00** AM **AFL**

TNT Sports 4

414 876 530 411 434

6.00 AM **Motocross World Championship** From Argentina.
10.00 **LIVE Nordic Combined Skiing** From Trondheim, Norway.
11.00 **The TNT Sports Cycling Show**
11.30 **LIVE Cross Country Skiing** From Trondheim in Norway.
1.00 PM **TNT Sports Reload**
1.15 **WRC: More Than Machine**
2.00 **LIVE Nordic Combined Skiing** From Trondheim, Norway.
3.00 **MotoGP Rewind**
3.15 **LIVE Ski Jumping** The men's HS138 team race in Norway.
5.15 **LIVE Biathlon** The men's 10km sprint event from Nove Mesto.
6.45 **Ski Mountaineering**
7.15 **Serie A – Full Impact**
7.45 **LIVE UEFA Europa League** Coverage of a last-16 first-leg.
10.00 PM **to 6.30** AM **LIVE Women's One-Day International Cricket New Zealand v Sri Lanka.** The second ODI from Saxton Oval.

Premier Sports 1

419 551

6.30 AM **Sporting Countdowns**
7.00 **European Le Mans MotorSport**
8.00 **World Surf League**
9.00 **URC in 60** Recent action.
10.00 **Downhill Skateboarding**
11.00 **LaLiga Highlights**
12.00 NOON **Transworld Sport**
1.00 PM **Asian Le Mans Series**
2.00 **Football Highlights**
3.00 **World Surf League**
4.00 **URC in 60** Highlights.
5.00 **LaLiga Specials**
5.55 **LIVE Swedish Hockey League**
8.30 **LaLiga Match Highlights**
9.00 **World Surf League**
10.00 **Transworld Sport** Magazine.
11.00 **URC in 60** Recent action.
12.00 M'T **LaLiga Highlights**
1.00 AM **Rugby Union Highlights**
1.30 **Sporting Countdowns**
2.00 **NHL: This is Hockey**
2.30 **LIVE NHL Ice Hockey Nashville Predators v Seattle Kraken.** Face-off is at 2.30am.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Osasuna v Valencia.
10.00 **NHL Ice Hockey** New York Rangers v Washington Capitals.
12.00 NOON **Football's Greatest**
1.00 PM **LaLiga** Another chance to see Real Betis v Real Madrid.
3.00 **United Rugby Championship**
5.00 **Football's Greatest**
5.30 **LaLiga Specials** A look back at the best saves from 2024.
6.00 **Viva LaLiga** Analysts and former pros look at the latest news.
7.30 **Bike World** Magazine.
8.00 **United Rugby Championship**
10.00 **NHL Ice Hockey** New York Rangers v Washington Capitals.
12.00 M'T **LIVE NHL Ice Hockey Philadelphia Flyers v Winnipeg Jets.** The inter-conference encounter from Wells Fargo Centre. Face-off 12.00m't.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

406 516 506 424 444

6.00 AM **Testing Wrap** From Bahrain.
6.30 **Ted's Notebook**
7.30 **F1 Show 2024 Season Review**
9.00 **Indy NXT** Action from Florida.
10.00 **Indycar** Recent highlights.
12.30 PM **Seaplanes & Helicopters**
12.55 **F1 Explained – Timings**
1.00 PM **Testing Wrap** From Bahrain.
1.30 **Ted's Notebook**
2.30 **F1 Show 2024 Season Review**
4.00 **The Rookies** Documentary.
5.00 **Indy NXT** Recent highlights.
6.00 **Indycar** Action from Florida.
8.30 **Ted's Notebook**
9.00 **F1 Show 2024 Season Review**
10.30 **Formula 1** Australian Grand Prix.
12.45 AM **Jenson Back in His 2009 Brawn Car**
12.55 **F1 Explained – Monaco**
1.00 **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

SKY HD SD VIRGIN HD EE HD

Friday

7 March

Evening Planner

Friday

Fantasy Comedy

Harold and the Purple Crayon

Sky Premiere, 8.55am & 6.20am

Zachary Levi (right) stars as the grown-up storybook character with a magic crayon.

Boxing

Eubank v McKenna

Channel 5, 9pm

Tyrone McKenna (above) takes on Harlem Eubank for the IBF Intercontinental Welterweight title, at Brighton Centre.

OnDemand

NETFLIX

Plankton! The Movie

Available today

Animated spin-off with SpongeBob's frenemy Plankton taking the centre stage to save the world from his wife.

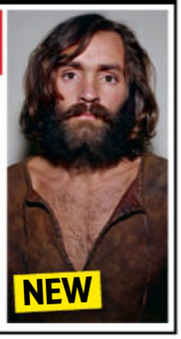
OnDemand

NETFLIX

Chaos: The Murders

Available today

Documentary taking a fresh look at the infamous killing spree of the Manson Family in the 1960s.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 Extraordinary...	8.00 Would I Lie to...	8.30 Amanda &...	9.00 Death in Paradise		10.00 News; Local News	10.40 Graham...
	102 BBC2	◂ 6.30 Athletics: European Indoor Championships – Live: The evening session on day two				9.00 Gardeners' World		10.00 Live at the...	10.30 Newsnight
	103 ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Murder in the Family: True Crime...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News	7.30 Crufts			9.00 Gogglebox		10.00 The Last Leg	
	105 CHANNEL 5	7.00 Sue Perkins: Discovering Thailand		8.00 Around the World in First Class		9.00 Boxing – Live: Harlem Eubank v Tyrone McKenna			
	106 SKY SHOWCASE	7.00 Fight Night – Live: Natasha Jonas v Lauren Price							
ENTERTAINMENT	115 BBC3		7.15 Top Gear		8.20 Ghosts US	9.00 The Traitors US Final		10.15 Funboys	10.35 This...
	116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1987	8.30 TOTP: 1979	9.05 Depeche Mode at the BBC		10.05 Depeche Mode at 6 Music...	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Film: The Hitman's Wife's Bodyguard		10.05 Film: The Hitman's Wife's...	
	136 MORE4	◂ 6.30 Crufts	7.30 Kirstie and...	7.55 Grand Designs		9.00 Astrid: Murder in Paris			10.20 24 Hours in A&E
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Film: A Quiet Place			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 The Equalizer	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The Last of Us			10.15 Homicide: Life on the Street
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Gavin & Stacey			10.20 The Fast Show
	111 U&DAVE	7.00 Would I Lie to You?	7.35 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	7.00 The Motorbike Show		8.00 Giant Lobster Hunters		9.00 Film: High Plains Drifter			
	112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Michael McIntyre's Big Show		10.00 Michael McIntyre: Hello Wembley!	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Freddie Down Under		9.00 Hacks			10.25 Rob Beckett's...
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 When Elvis Met Priscilla		9.00 Elvis Presley: Aloha from Hawaii			10.40 Classic...
	132 U&W	7.00 MasterChef USA		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Expedition Files		10.00 Moonshiners	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Legends of the Wild				10.00 Alaska Monsters	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Mystery of MH370: Drain the Oceans		10.00 Drain Alcatraz	
	123 SKY HISTORY	7.00 Forged in Fire Tournament of...		8.00 River Hunters		9.00 Combat Ships		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Speed with Guy Martin		8.00 Guy Martin's D-Day Landing				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Dart Kings		8.00 David Frost Vs		9.00 Film: When We Were Kings			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 Harold and the Purple Crayon		8.00 Fight or Flight			9.45 MaXXXine		
	302 ULTIMATE ACTION	◂ 5.25 Mission: Impossible – Dead Reckoning...		8.10 Fast X					10.35 Days of...
	303 HITS	◂ 6.10 The Hangover		8.00 The Hangover Part II				9.55 The Hangover Part III	
	304 WOMEN IN FILM	◂ 5.35 The Color Purple		8.00 Lee				10.05 Lost in Translation	
	305 ANIMATION		7.15 The Prince of Egypt			9.00 Surf's Up			10.40 Pil's...
	306 KIDS BOOKS	7.00 The Lord of the Rings: The Return of the King							10.20 Bicentennial Man
	307 MARTIAL ARTS	◂ 6.00 The Beekeeper		8.00 Enter the Dragon				10.00 The Way of the Dragon	
	308 COMEDY	◂ 6.00 Being John Malkovich		8.00 Scott Pilgrim vs. the World				10.00 Downsizing	
	309 THRILLER	◂ 5.30 Public Enemies		8.00 Captain Phillips					10.25 Detroit
	310 DRAMA	◂ 6.10 Quartet		8.00 Chicago				10.05 Calvary	
	311 SCI-FI	◂ 6.00 Passengers		8.00 Star Trek Beyond					10.15 Annabelle
	313 FILM4	◂ 6.45 I, Robot				9.00 The Infernal Machine			
SPORT	401 MAIN EVENT	7.00 Fight Night – Live: Natasha Jonas v Lauren Price							
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 Big Interview	8.00 Fantasy Show	8.30 Soccerbox	9.00 PL Preview	9.30 Big Interview	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Norwich City v Oxford United (Kick-off 8.00)						10.30 SPFL Special...
	404 CRICKET	7.00 ICC Champions Trophy Cricket		8.00 WPL		9.00 ICC Champions Trophy Cricket		10.00 IPL	
	410 TNT SPORTS 1	7.00 Premiership Rugby Cup – Live: Coverage from the latest match							10.30 PL Preview
	411 TNT SPORTS 2	7.00 UEFA Europa League & Conference...		8.00 Snooker World Grand Prix				10.00 UFC Connected	10.30 Fight Week

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Puzzle of Banburismus:* 9/10. The priest looks into the stabbing of a seamstress. (S12) (S)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **Make It at Market** New edition A pyrographer and an embroidery artist seek business advice. (S)
4.30 **Antiques Road Trip** Series finale The Pembrokeshire coast. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.30 Amanda & Alan's Spanish Job

7 PM

7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)

7.30 Extraordinary Portraits with Bill Bailey New edition 5/6. An artist paints a couple who have fostered 200 teenagers. (S)(AD)

8 PM

8.00 Would I Lie to You? Series finale 9/9. With Sara Davies, Michelle de Swarte, Bob Mortimer and Chris Ramsey. (S)

8.30 Amanda & Alan's Spanish Job New edition 7/8. Creating a Balearic bedroom. (S)(AD)
■ Entire series on BBC iPlayer

9 PM

9.00 Death in Paradise New episode 6/8. Mervin and the team investigate the dark side of online dating when a man is shot dead at his villa, and a new colleague makes an impression for all the wrong reasons. (S14) (S)(AD)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 The Graham Norton Show Series finale 21/21. A compilation of highlights from the recent series of the talk show, featuring a host of stars including Demi Moore, Timothée Chalamet, Cher, Denzel Washington, Nicole Kidman, Dwayne Johnson, Zoe Saldaña and Hugh Grant. (S)
11.40 NEW **The Big Eurovision Party** At the Ziggo Dome stadium in Amsterdam, a host of Eurovision legends come together to celebrate the rich musical legacy of the iconic event. (S)
1.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **Antiques Road Trip** (S)(R)
7.00 **Sign Zone: Alison Hammond's Florida Unpacked** (S)(R)(AD)
7.30 **Sign Zone: Joanna Page's Wild Life** Documentary. (S)(R)
8.00 LIVE **Athletics: European Indoor Championships** The first session on the second day at Omnisport Apeldoorn in the Netherlands. *Coverage continues at 6.30pm.* (S)
1.30 PM **Impossible** Quiz show. (S)(R)
2.15 **Bridge of Lies** Game show. (S)(R)
3.00 **The Tournament** Quiz show. (S)(R)
3.45 **Humpback Whales: A Detective Story** Documentary. (S)(R)(AD)
4.45 **Designing the Hebrides** (S)(R)(AD)
5.15 **Flog It!** From St Albans. (S)(R)
6.00 **Richard Osman's House of Games** Series finale With Jimi Famurewa, Harriet Kemsley, Colin Murray and Sara Pascoe. (S)

9.00 Gardeners' World

6.30 LIVE **Athletics: European Indoor Championships** Coverage of the evening session on day two from Omnisport Apeldoorn in the Netherlands. There was a British winner when the championships were last staged two years ago in Istanbul in one of the finals taking place tonight, with Laura Muir claiming gold in the 1500m. The other disciplines in which medals are awarded tonight are the men's 1500m, women's triple jump, men's long jump, and men's and women's 60m hurdles. (S)

9.00 Gardeners' World Series finale 4/4. Another selection of series highlights. Monty Don plants stepover pears, Carol Klein provides tips on propagation, and Rekha Mistry shares some ideas for crops in pots. (S)

10.00 Live at the Apollo Stephen Bailey introduces comedians Lara Ricote and Glenn Moore to the stage at the Hammersmith Apollo. (S)(R)
10.30 Newsnight (S)
11.00 **Weather** (S)
11.05 FILM **Aisha** Drama starring Letitia Wright and Josh O'Connor. While caught up in limbo for years in Ireland's immigration system, a Nigerian refugee develops a close relationship with a former prisoner. (S) (2022, 12, 90min) ★★★★
12.35 AM **Sign Zone: Panorama** (S)(R)
1.05 **Sign Zone: Great British Menu** Two chefs from Wales cook their six-course menus again. (S)(R)
2.05 **to 6.00** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tour de Fred: Northern Ireland** Series finale 5/5. The final stage of Fred Sirieix's tour takes him to Derry–Londonderry during the Halloween festival, where he dances his way through the parade. (S)
3.00 **Lingo** Two couples and a mother and son compete in the quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

5.00 The Chase

7.30 Emmerdale Manpreet is burdened by the secret she is carrying, Dylan fights the symptoms of spice withdrawal, and Charity coaxes a confession from Sarah. (S)(AD)

8.00 Coronation Street The residents pray for David and Daisy to pull through, Alya quits her job as Yasmeen is offered one, Carla suspects Rob of breaking into her flat, and Kit starts asking questions about the crash. (S)(AD)

9.00 Murder in the Family: True Crime Presents New edition When the body of *EastEnders* actor Gemma McCluskie is discovered in Regent's Canal in March 2012, detective work leads the police to her brother Tony. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 Who Wants to Be a Millionaire? Big-prize quiz hosted by Jeremy Clarkson. (S)(R)
11.40 **Olivia Attwood's Bad Boyfriends** 6/12. Olivia shows the girlfriends what their boys really got up to on their wild night out. (S)(R)
12.30 AM **Teleshopping**
3.00 **Unwind with ITV** (S)
4.00 LIVE **Golf: LIV Golf** Coverage of day two of the tournament from Hong Kong Golf Club at Fanling. *Coverage continues on ITVX.* (S)
5.00 **to 6.00** AM **Tour de Fred: Northern Ireland** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 1–3/26. (S4) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 6–9/24. (S10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Long Beach. (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
2.10 **Countdown** New edition (S)
3.00 **Crufts** New edition Coverage from the National Exhibition Centre in Birmingham, featuring Flyball. *Continues at 6.30pm on More4.* (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The week's scores are revealed. (S)
5.30 **Come Dine with Me** New edition Amateur pilot James hosts the final dinner party in Belfast. (S)
6.00 **A Place in the Sun** New edition A retired couple hope to find a winter retreat in Majorca. (S)

9.00 Gogglebox

7.00 News (S)

7.30 Crufts New edition Clare Balding presents the latest action from the National Exhibition Centre in Birmingham. The focus tonight is on dogs in the Utility and Toy categories. Alison Mitchell, Laura Crombie and Frank Kane provide the commentary, as two more dogs are chosen to go forward to Sunday's Best in Show competition. Plus, highlights from the Flyball heats and Agility finals of the Main Arena events. (S)

9.00 Gogglebox New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10.00 The Last Leg New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by musician Pete Doherty and comedian Angela Barnes for a comic review of the significant moments from the past seven days. (S)

11.05 **Open House: The Great Sex Experiment** Double bill. (S)(R)(AD)
1.10 AM FILM **X** Horror with Mia Goth, Brittany Snow and Jenna Ortega. (S) (2022, 18, 105min) ★★★★
2.55 **Ramsay's Hotel Hell** (S)(R)(AD)
3.45 **Kirstie and Phil's Love It or List It** Kirstie Allsopp revisits a couple in Shropshire. (S)(SL)(R)(AD)
4.40 **Location, Location, Location** (R)
5.35 **to 5.45** AM **Jamie's Comfort Food Bites** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Medical documentary. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Living Next To Danger** Crime thriller starring Kristi Murdock and Noemi Alexis. (S) (2023, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following Jane and Andy from Wigan, who volunteer at a donkey sanctuary. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The team WHAT take on the quiz experts. (S)(R) **6.30** Team Female Entrepreneurs compete. (S)(R)
6.55 **News** (S)

8.00 Around the World in First...

7.00 **Sue Perkins: Discovering Thailand** 1/3. The comedian explores three regions of Thailand, kicking off her journey in Chiang Mai. (S)(R)
7.55 **News** (S)
8.00 **Around the World in First Class** New edition 2/4. Josie Gibson flies upper class to Grenada, and explores a tucked-away boutique resort called 473, a private suite of villas by the sea. (S)
9.00 LIVE **Boxing: Eubank vs McKenna** Harlem Eubank v Tyrone McKenna: Coverage of the bout for the vacant IBF intercontinental welterweight title at Brighton Centre. Local favourite Eubank is undefeated in his 20 professional contests to date, and will go into this fight as favourite against McKenna, who has lost three of his last five bouts. Olympic bronze medallist Michael Conlan also returns to action after a year out. (S)
11.05 **When Parties Go Horribly Wrong** Nightmare moments at disastrous gatherings. (S)(R)
1.05 AM **Police Interceptors** (S)(R)
1.50 **Entertainment News** (S)(R)
2.00 **PlayOJO Live Casino Show** (S)
4.00 **Tales from the Riverbank** (R)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **Divine Designs** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S3) (S)(R)
11.00 **Super Shark Highway** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Milhouse Doesn't Live Here Anymore:* Milhouse and his mother leave Springfield. (S)(R) **5.30** *My Mother the Carjacker:* Homer tries to help his fugitive mother evade justice. With the voice of Glenn Close. (S)(R)
6.00 **The F1 Show** A look ahead to the sport's 75th anniversary year, with a preview of all the action set to start in Melbourne.

7.00 Boxing: Fight Night

7.00 LIVE **Boxing: Fight Night** Natasha Jonas v Lauren Price: Coverage of the bout for the WBC, IBF and IBO world welterweight titles from Royal Albert Hall in London. Jonas is a pioneer of the women's sport in this country, having been the first amateur female boxer to represent GB Boxing in 2009, and the first to compete at an Olympic Games in 2012. She faces one of her toughest tests in Price, who also had a stellar amateur career that saw her win a gold medal at the 2020 Olympics, and boasts an undefeated eight-fight record after turning professional in 2022.
11.00 **Hacks** 9/10. Ava pursues an opportunity. (S)(R)(AD) **11.40** 10/10. Deborah considers putting her career on the line. (S1) (S)(R)(AD)
12.20 AM **Sex and the City** (S3) (S)(R)
1.40 **The Office (US)** (S9) (S)(R)
2.40 **Road Wars** (R)
3.10 **NCIS: Los Angeles** (S13) (S)(R)
4.05 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **11.40** The Chief (S)(R) **12.10am** A View from the Terrace (S)(R) **1.10** NEW The Big Eurovision Party (S) **2.50** Weather for the Week Ahead (S) **2.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.30-8.00pm The Six Nations Greatest Moments New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bois y Pizza: Chwe' Gwlad (AD) **12.30** Heno **1.00** Ceffylau, Sheikhs a Chowbois **1.30** Y Fets (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** 24 Awr Newidiodd Gymru **3.50** Bwyd Epic Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Byd i'w Wisgo **6.30** Heno New edition **6.57** Newyddion **7.00** LIVE Clwb Rygbi Rhyngwladol – Dan 20 **9.20** Newyddion a'r Tywydd **9.50** Yn y Lwp New edition **10.25** Cartrefi Cymru **10.55pm-12.00m't** Jonathan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Zen Motoring**
7.15 **Top Gear** Jeremy Clarkson, Richard Hammond and James May celebrate British Leyland's 40th birthday
8.15 **The Catch Up**
8.20 **Ghosts US** 19/22. Sam tries to persuade Pete's daughter to hold her wedding at Woodstone. **8.40** 20/22. Stephanie discovers that her crush is now dating Hetty. (S2)
9.00 **The Traitors US Final** New edition The final of the reality show hosted by Alan Cumming.
10.15 **Funboys** Series finale 4/4. Callum makes a new friend, but finds there's a catch. (S1) ■ Entire series on BBC iPlayer
10.35 **This Country** 5&6/6. (S1)
11.30 **Zara McDermott: Disordered Eating**
12.30 AM **Eddie Hall: The Beast v the Mountain**
1.30 **Top Gear** As 7.15pm.
2.30 **Boot Dreams: Now or Never** Documentary.
3.30 **to 3.55** AM **Funboys**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** With Rosie Gaines, Wet Wet Wet, En Vogue and Skunk Anansie. **7.30** With Lisa Stansfield, The Charlatans and Blur.
8.00 **TOTP: 1987** Performances by The Christians, a-ha, Erasure and Boy George.
8.30 **TOTP: 1979** Music by Inner Circle, Elvis Costello, Dennis Brown and Buzzcocks.
9.05 **Depeche Mode at the BBC** A look back at past TV performances by the band, who emerged from the UK's post-punk scene in the early 1980s.
10.05 **Depeche Mode at 6 Music Festival 2017** Highlights of the band's headlining performance.
11.05 **Tears for Fears: Radio 2 in Concert**
11.35 **Synth Britannia at the BBC** A music compilation.
12.35 AM **Sparks at 6 Music Festival 2017** Brothers Ron and Russell Mael perform.
1.40 **TOTP: 1997**
2.40 **TOTP: 1987**
3.10 **to 3.45** AM **TOTP: 1979**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.00 **A New Life in the Sun**
11.00 **Come Dine with Me**
1.40 PM **Four in a Bed**
4.20 **Chateau DIY** Janet and Philip battle the elements to put on a special dinner party.
5.25 **The Dog House** 'Escape artist' Lily the beagle seeks a new home.
6.30 **Crufts** New edition Clare Balding presents coverage from the agility course at the National Exhibition Centre in Birmingham.
7.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie Allsopp and Phil Spencer look back at one of their biggest builds.
7.55 **Grand Designs** Kevin McCloud visits a house that resembles a giant snake.
9.00 **Astrid: Murder in Paris** New episode *The Ankou:* 7/8. After the heir of a very wealthy Breton family is found dead in a bar, Raphaelle and Astrid find out that the same man has supposedly been dead for two years. Subtitled. (S4)
10.20 **24 Hours in A&E** Nurse Emma is called to resus to help a patient who has had a suspected stroke.
11.25 **24 Hours in A&E**
12.25 AM **999: On the Front Line**
1.25 **24 Hours in A&E**
3.30 **to 4.00** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.35 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.30 **Modern Family** 19/24. Claire tries to find a birthday present for Phil. (S1)
8.00 **The Simpsons** *E-I-E-I-(Annoyed Grunt):* The family relocate to a farm. **8.30** *Hello Gutter, Hello Fadder:* Homer bowls a perfect 300 game and becomes a local hero.
9.00 FILM **A Quiet Place** Horror thriller starring Emily Blunt and John Krasinski, who also directed. (2018, 15, 90min) ★★★★
10.50 **Naked Attraction** A man who is HIV positive and a musician take part. **11.55** A transgender woman and a rugby player take part.
1.00 AM **Gogglebox**
3.00 **Abbott Elementary**
3.25 **The Goldbergs**
4.15 **The Neighborhood**
5.05 **to 6.00** AM **Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

Friday primetime

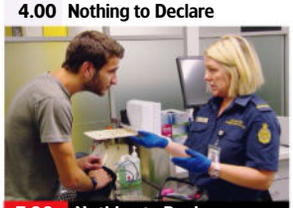
FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **New Amsterdam** 10/13. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S1)
2.00 **Chicago Fire** 10/22. Pryma's case comes to an explosive end, and Violet is determined to take Emma down. (S11)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**


7.00 Nothing to Declare

7 PM
7.00 Nothing to Declare A nervous traveller claims to be visiting his wife. **7.30** An unusual travel itinerary raises suspicion.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Matlock *Sixteen Steps:* 6/10. Olympia and Julian revisit a case involving a child's death. (S1)

10 PM
10.00 The Equalizer *Sacrifice:* The team try to rescue a computer hacker who is being forced to work for criminals. (S5)
11.00 **The Rookie** 15&16/22. Double bill of episodes. (S4)
1.00 AM **Law & Order: Organized Crime** 19/22. (S2)
2.00 **The Good Doctor** 5/18. (S2)
3.00 **The Rookie: Feds** 15/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing**
8.05 **True Blood** 10&11/12. (S3)
10.15 **Six Feet Under** 5&6/13. (S1)
12.25 PM **Game of Thrones** (S5)
1.30 **Big Love** 8&9/10. (S5)
3.35 **True Blood** 10/12. Jessica is torn when Hoyt and Tommy fight for her affections. **4.40** 11/12. Jason struggles with the latest revelation about Crystal. (S3)
5.45 **Six Feet Under** 5/13. The family bury a porn star. **6.50** 6/13. Nate uncovers one of his father's secrets. (S1)

9.00 The Last of Us

7.55 Game of Thrones *Kill the Boy:* 5/10. Jon enlists the help of an unexpected ally, Daenerys makes a difficult decision in Mereen, and Brienne searches for Sansa. (S5)

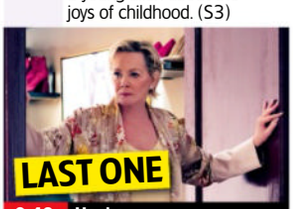
9.00 The Last of Us *Endure and Survive:* 5/9. Joel and Ellie cross paths with the most wanted man in Kansas City, and Kathleen continues her hunt. (S1)
10.15 Homicide: Life on the Street *Extreme Unction:* 3/20. A witness has multiple personalities. (S3)
11.15 **Gangs of London** 1/8. (S2)
12.35 AM **The Wire** 2/13. (S4)
1.40 **Mussolini: Son of the Century** 5/8. (S1)
2.40 **Band of Brothers** 7/10. (S1)
4.00 **Game of Thrones** As 7.55pm.
5.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Flash** 4/20. (S8)
9.00 **Stargate SG-1** 5&6/22. (S3)
11.00 **Supergirl** 13/20. (S1)
12.00 NOON **The Flash** 5/20. (S8)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 16/20. (S5)
5.00 **Supergirl** 12/20. A twisted version of Supergirl shows up in National City. (S1)
6.00 **Stargate SG-1** 5/22. O'Neill risks a court martial to teach a young alien about the joys of childhood. (S3)



9.40 Hacks

7.00 Stargate SG-1 *Point of View:* 6/22. The Goa'uld invade Earth in a parallel dimension. (S3)

8.00 Freddie Down Under 1/6. Andrew Flintoff and Rob Penn set off in their food truck along the east coast of Australia.

9.00 Hacks New episode *Interview:* 9/10. Ava pursues an opportunity. **9.40** Series finale *I Think She Will:* 10/10. Deborah must decide between playing it safe and putting her career on the line. (S1)
10.25 Rob Beckett's Smart TV Comedy panel show, with guests Richard Osman, Motsi Mabuse, Danny Dyer and Richard Ayoade.
11.20 **Strike Back: Vengeance** (S3)
12.20 AM **Road Wars**
1.00 **Brit Cops: War on Crime**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** (S13)
4.00 **Magnum P.I.** 16/20. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 8/22. Phoebe and Billie embark on their first Homeland Security case. (S8)
4.00 **Gilmore Girls** 7/22. Logan takes Rory on a date. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** Featuring guests Bill Bailey, Kathy Burke and Gok Wan.

9.00 The Hitman's Wife's...

7.00 Deal or No Deal Stephen Mulhern hosts as Rickie takes on the Banker for the chance to win a life-changing cash prize.

8.00 Ant & Dec's Limitless Win A couple attempt to climb the money ladder to win enough money to pay for a family holiday.

9.00 FILM The Hitman's Wife's Bodyguard Crime comedy sequel starring Ryan Reynolds, Samuel L Jackson and Salma Hayek. Michael Bryce teams up once again with Darius Kincaid as they try to prevent a terror attack. (2020, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Family Guy** 14/18. Lois and Peter buy a restaurant. **11.35** 9/18. Brian and Stewie go on an epic journey. (S5)
12.05 AM **American Dad!** (S2)
1.05 **Bob's Burgers** (S13)
2.05 **Don't Hate the Playaz**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Slings and Arrows.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *The Wolvercote Tongue:* An American tourist's body is discovered in her hotel room.
5.55 **Heartbeat** *A Family Affair:* Ventress investigates a suspicious death linked to a series of burglaries.

6.55 Heartbeat

6.55 Heartbeat *The Holiday's Over:* Gina is unhappy at the thought of having to give up her job in order to marry a policeman.

8.00 Midsomer Murders *Murder of Innocence:* A barrister is killed with a lethal dose of morphine and suspicion falls on an ex-convict who has returned to the village where he committed murder years earlier. Guest stars Sharon Duce.

10.00 Endeavour *Confection:* A chocolate factory owner is murdered during a fox hunt, and a couple from a nearby village are also found dead.
12.00 M'T **Trial & Retribution**
12.50 AM **Wycliffe** 2/8. Unexplained killings rock Bodmin, giving rise to fears that the so-called 'beast' has returned to wreak fresh havoc. (S3)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught** How detectives have solved complex cases.
8.00 **This Farming Life** New edition 7/12. Paul has to turn to the wider community for help with a ewe in distress.
9.00 **Paul Black: Nostalgia** A stand-up show by the comedian from the Music Hall in Aberdeen.
10.00 **Still Game** 5/6. Jack and Victor try to get their hands on the last steak pie in the butcher's. (S8)
10.30 **A View from the Terrace** New edition Craig G Telfer presents a sideways look at the world of Scottish football.
11.30 PM **to 12.00** M'T **Limmy's Homemade Show** 2/3. Limmy reveals his secret life as a hitman. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Avenue 5** (S1)
9.10 **The Conners** (S5)
10.10 **Vice Principals** (S1)
11.25 **Eastbound & Down**
12.35 PM **Curb Your Enthusiasm** (S3)
1.55 **Vice Principals** (S1)
3.10 **Eastbound & Down**
4.25 **Avenue 5** (S1)
5.40 **The Office (US)** (S9)
6.40 **The Conners** (S5)
7.40 **Curb Your Enthusiasm** 4/10. Larry encounters a nanny from hell. **8.20** 5/10. Larry snubs Paul Reiser's wife. (S3)
9.00 **Veep** 1/10. Selina writes her memoir. **9.40** 2/10. Selina attends the opening of President Hughes' library. (S6)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.20 **Divorce** 3&4/10. (S1)
12.40 AM **Sex and the City**
2.00 **Mr Mayor** (S2)
3.00 **Eastbound & Down**
4.20 **to 5.00** AM **Avenue 5**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Sir Bryn Terfel and Friends: Songs of the Sea** Maritime songs.
7.20 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Rising Stars with Julian Lloyd Webber 2021**
3.00 **Discovering**
4.00 **Portrait Artist 2021**
5.00 **Tales of the Unexpected**
6.00 **Artist of the Year: Masterclass** New edition **6.30** Series finale
7.00 **Alfred Hitchcock Hour**
8.00 **When Elvis Met Priscilla**
9.00 **Elvis Presley: Aloha from Hawaii**
10.40 **Classic Albums**
11.40 **Elvis: Tortured Soul**
1.05 AM **Elvis Presley: A Legend in Concert**
2.05 **The Ronnie Wood Show**
3.15 **Live from the Artists Den** Corinne Bailey Rae.
4.30 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 19/26. (S7)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** (S4)
8.00 **Hawaii Five-0** (S8)
10.00 **S.W.A.T.** *Source:* 19/22. Hondo and the team protect a journalist. (S1)
11.00 **Twisted Killers** The disappearance of a family in Ohio.
12.00 M'T **Britain's Most Evil Killers** Billy Dunlop.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Backyard Builds** New edition DIY series.
8.10 **Amy Childs: Twin Life**
9.10 **Gary Barlow's Wine Tour: South Africa**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Amy Childs: The Twin Life**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Gary Barlow's Wine Tour: South Africa**
8.00 **Dinner Date**
9.00 **Botched** Double bill.
10.55 **My Mum, Your Dad Australia** Reality series.
12.30 **to 1.30** AM **The Only Way Is Essex**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 19/22. (S3)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 2/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 21–24/24. (S2)
9.00 **Randall and Hopkirk (Deceased)** *That's How Murder Snowballs:* 5/26. Jeff and Marty investigate a murderous stage act. (S1)
10.00 **The Avengers** *The £50,000 Breakfast:* 19/25. A ventriloquist is found dead. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Robin of Sherwood**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots** New edition
12.30 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Sweeney**
6.00 **The Chase Celebrity Special** Featuring AJ Pritchard, Hollie Arnold and Giovanna Fletcher.

8.00 Giant Lobster Hunters

7.00 **The Motorbike Show** Henry Cole rides through the Peak District from Buxton down to the Crich Tramway Village.

8.00 **Giant Lobster Hunters** It's Squizzy versus Bryce versus Myles as the top spot on the tally board remains up for grabs.

9.00 FILM **High Plains Drifter** Western directed by and starring Clint Eastwood. A mysterious gunslinger is hired to protect a remote frontier town from three vengeful outlaws. (1972, 18, 105min) ★★★★ SEX●●● VIOLENCE●●● LANG●●●

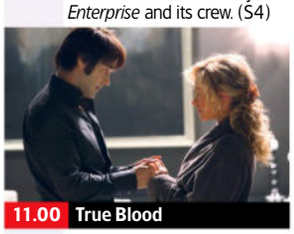
11.15 **Wrestling: AEW Dynamite**
1.10 AM **Dark Side of the Ring** New edition Luna Vachon, a ground-breaking performer who battled mental illness.
2.05 **Auto Mundial**
2.30 **to 3.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 10/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 25/26. (S6)
2.00 **Warehouse 13** 6/20. (S4)
3.00 **Stargate SG-1** 18/20. (S9)
4.00 **Star Trek: Voyager** 8/26. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 10/26. An alien force threatens to destroy the *Enterprise* and its crew. (S4)


11.00 True Blood

7.00 **Warehouse 13** *Fractures:* 6/20. Pete and Myka try to discover the cause of a woman's descent into madness. (S4)

8.00 **Stargate SG-1** *Arthur's Mantle:* 18/20. Mitchell and Carter are made invisible to everyone at Stargate Command. (S9)

9.00 **Grimm** *The Ungrateful Dead:* 1/22. Nick is seemingly killed by Baron Samedi – only to rise from the grave. (S3)

10.00 **The Walking Dead** *Inmates:* 10/16. Daryl and Beth are separated from the group after the attack on the prison. (S4)

11.00 **True Blood** 5/12. Sookie connects with one of her own during a visit to Dallas. **12.00** M'T 6/12. Sookie embarks on a dangerous mission to locate Godric. (S2)
1.00 AM **SurrealEstate** 7&8/10. Double bill of the drama. (S2)
3.00 **Chucky** 8/8. (S2)
4.00 **to 5.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 14/16. (S4)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 14/16. Major Crimes goes undercover. (S4)
6.00 **Father Brown** *The Father, The Son:* Flambeau is stunned to find his estranged father at St Mary's, who has a dangerous mission in mind.

9.00 Father Brown

7.00 **The Mentalist** *Days of Wine and Roses:* 11/22. Jane investigates the murder of an up-and-coming model. (S5)

8.00 **White Collar** *One Last Stakeout:* 3/13. Neal and Mozzie plot in secret to conduct a high-risk museum heist. (S5)

9.00 **Father Brown** *The Skylark Scandal:* The rambling trip takes a tragic turn when the local lord is found strangled.

10.00 **Death in Paradise** *Predicting Murder:* 3/8. A voodoo priestess is found dead after predicting her own murder. (S1)

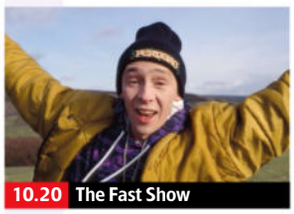
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
12.55 AM **Elementary** 10/24. A supposedly impenetrable bank vault is broken into. (S1)
1.55 **So Help Me Todd** 9/10. (S2)
2.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.05 AM **Last of the Summer Wine**
8.20 **Keeping Up Appearances**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**


10.20 The Fast Show

7.00 **Only Fools and Horses** Del gets the chance to sell a couple of antique urns.
7.40 **Dad's Army** A major decides Jones is too old to be in the Home Guard. **8.20** The platoon compete against a rival unit for the honour of guarding Winston Churchill.

9.00 **Gavin & Stacey** Smithy accompanies Nessa to the hospital for her first scan. **9.40** Tensions between the newlyweds reach fever-pitch on a night out.

10.20 **The Fast Show** There's a look at war films in *'Scenes from the Movies'.*

11.00 **Paul Whitehouse's Sketch Show Years** The 1990s.
11.40 **The Fast Show**
12.20 AM **Inside No 9**
1.00 **Gavin & Stacey**
1.35 **The Fast Show**
2.55 **Inside No 9**
3.25 **to 4.00** AM **Alma's Not Normal**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **Anthony Bourdain: Parts Unknown** From Vietnam.
8.00 **The Force: Behind the Line**
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Toy Stories**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore the culinary histories of some of Britain's islands.
6.00 **Rick Stein's Road to Mexico** The seafood chef retraces a road trip he took in 1968 from northern California to Mexico.

11.00 Sons of Anarchy

7.00 **Would I Lie to You?** With Jack Dee, Romesh Ranganathan, Tinchy Stryder and Gaby Roslin.
7.35 **Richard Osman's House of Games** With Philippa Perry and Luke Kempner. **8.20** Edith Bowman, Fern Brady, Will Kirk and Martin Lewis take part.

9.00 **QI XL** Sandi Toksvig has a Christmas knees-up in the pub with Alan Davies, Cariad Lloyd, Noel Fielding and Josh Widdicombe.

10.00 **Have I Got a Bit More News for You** Mel Giedroyc hosts the satirical quiz, with Richard Osman and Sonia Sodha.

11.00 **Sons of Anarchy** 3/13. Clay and Gemma's relationship suffers after recent events. **12.00** M'T 4/13. Gemma meets her attacker. (S2)
1.00 AM **Live at the Apollo**
2.00 **to 4.00** AM **Alan Davies: As Yet Untitled**

+1 hour 211/212 327 74

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** Kirstie and Phil go house-hunting in the Kent countryside.
7.00 **George Clarke's Old House, New Home** Renovating a dilapidated Georgian-style house in Weston-super-Mare.
8.00 **Kirstie and Phil's Love It or List It** Kirstie Allsopp heads back to Albrighton in Shropshire.
9.00 **24 Hours in A&E** A 65-year-old woman is found collapsed in a park.
10.00 **Super Surgeons: A Chance at Life**
11.00 **Gogglebox** Double bill.
1.05 AM **First Dates**
2.10 **Open House: The Great Sex Experiment**
4.15 **to 4.45** AM **Jamie's One-Pan Wonders**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S11&12)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Blast from the Past:* 16/24. A murder victim is found to be using Gibbs' former alias. **7.00** *The Artful Dodger:* 17/24. A rare painting is connected to a murder. **8.00** *Status Update:* 18/24. A thief's body is discovered in a US Marine's home. **9.00** *Patience:* 19/24. The team receive a new lead in a 40-year-old airport bombing. (S12)
10.00 **Law & Order: Special Victims Unit** *Glasgowman's Wrath:* 6/23. Two girls go missing after a series of violent events. (S16)
11.00 **Law & Order: Special Victims Unit** (S16&15)
1.55 AM **Criminal Minds**
2.50 **The Good Wife** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **When Rich Kids Go Skint** Documentary.
9.00 **Shop Smart, Save Money** Coffee machines.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers** New edition
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 FILM **Fifty Shades Freed** Thriller sequel. (2018, 18, 105min) ★
11.10 **Adults Only S**gging 9 to 5** Reality series.
12.15 AM **Adults Only: Sex Dolls Delight**
1.15 **Call the Bailiffs: Time to Pay Up**
2.10 **Police Interceptors**
3.00 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 PM FILM **Man Without a Star** Western drama. (1955, PG, 89min) ★★
2.15 FILM **The Yellow Mountain** Western. (1954, U, 90min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 LIVE **Boxing** Coverage of the undercard ahead of Harlem Eubank v Tyrone McKenna. *Continues on Channel 5.*
9.00 **999: Police Hour of Duty** Documentary.
10.00 **Police Code Zero: Officer Under Attack**
11.00 **Police Interceptors**
12.00 M'T **Motorway Cops: Catching Britain's Speeders** True-crime.
1.00 AM **Scam City**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Bigger Build Ireland**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Pete Wicks: For Dogs' Sake** Pete goes to work at Basildon's Dogs Trust rehoming centre.
7.00 **MasterChef USA** New edition Teams of two must create a dish that is exactly the same – while working on opposite sides of a wall.
8.00 **Inside the Ambulance** West Midlands medics help a student with a dislocated knee.
9.00 **999 Rescue Squad**
11.00 **Gavin & Stacey**
1.35 AM **Alex Jones: Making Babies**
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
1.55 **Eldorado**
3.10 **Bergerac**
4.20 **All Creatures Great and Small**
5.25 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Darkest Noon:* Mallory and Father Brown go missing. **9.00** *The Sacrifice of Tantalus:* A man suspected of killing a police officer is spotted.
10.00 **New Tricks**
11.20 **Bergerac**
12.30 AM **Lovejoy**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Cumbria.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Yorkshire Air 999** New edition In Pickering, helicopters go to a 51-year-old patient with a suspected open book fracture. **11.00** An 87-year-old cyclist is critically injured after colliding with a car.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 5.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Cash in the Attic**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **The Bidding Room** Items include a vintage fairground game.
7.00 **Tenable** Warwick Davis hosts as a family of five from Liverpool compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link** Quiz with Anne Robinson.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **Wanted: Dead or Alive** Western drama.
8.40 FILM **Red Headed Stranger** Western. (1986, 15, 105min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Robbers' Roost** Western. (1955, U) ★★
2.55 FILM **Wrangler** Western. (1989, 12, 92min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 FILM **High Noon** Western. (1952, b/w, U, 85min) ★★★★★
9.55 FILM **The Dirty Dozen: The Fatal Mission** World War Two thriller sequel. (1988, PG, 91min) ★
12.00 M'T FILM **The Exception** Drama. (2016, 15) ★★★
2.20 AM FILM **Deadly Voltage** Adventure. (2015, PG, 84min) ★★
4.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Killer Contractor** Thriller. (2019, 12, 84min) ★★
10.55 FILM **Flawless** Drama. (2020, PG, 95min) ★★
1.00 PM FILM **Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
3.00 FILM **Instakiller** Thriller. (2018, 12, 90min) ★★
5.00 FILM **Lost Letter Mysteries: Home Again** Crime drama sequel. (2017, PG, 87min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
11.25 FILM **Eliminators** Thriller. (2016, 15, 94min) ★★
1.25 AM FILM **First Kill** Crime action thriller. (2017, 15, 97min) ★★
3.30 **Air Rescue**
4.00 **to 5.50** AM FILM **Off the Rails** Drama. (2017, PG, 82min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **One Perfect Wedding** Drama. (2021, PG, 84min) ★★
10.05 FILM **Romantic Rewrite** Comedy. (2022, PG) ★★
12.05 PM FILM **Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
2.00 FILM **Sealed with a Kiss** Romantic drama. (2015, PG, 95min) ★★
4.05 FILM **Eat, Drink and Be Married** Drama. (2019, U, 90min) ★★
6.05 FILM **Made for You, with Love** Drama. (2019, U, 85min) ★★
8.00 FILM **Picture Perfect Romance** Drama. (2022, U, 89min) ★★
10.00 FILM **Law of Attraction** Comedy. (2020, PG) ★★
11.50 FILM **Fashionably Yours** Comedy. (2020, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Brush with Love** Drama. (2019, PG, 84min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
7.30 **The Beverly Hillbillies**
8.00 **That's My Dog**
8.30 **Huckleberry Finn**
9.00 **Stereo Underground**
10.00 **The Monkees** 5/32. (S1)
10.30 **Watching** 1/8. (S2)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched** 8/36. (S1)
12.00 NOON **Dick Turpin** (S2)
1.00 PM **Kane & Abel** (S1)
3.45 **Auto Rewind**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 1/8. (S2)
6.00 **Bewitched** 8/36. (S1)
6.30 **The Monkees** 5/32. (S1)
7.00 **Fantasy Island** (S1)
8.00 **The Prisoner** 11/17. (S1)
9.00 **Jason King** 12/26. (S1)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Kane & Abel** 1/3. (S1)
2.00 AM **Monkey** 19/26. (S1)
3.00 **Stereo Underground**
4.00 **Married... With Children**
4.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Outback Crystal Hunters** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** A dangerous list forces Sig to jettison pots. **8.00** Keith recruits Johnathan to intercept a Russian trawler fishing.
9.00 **Kindig Customs** The shop has been perfecting the process in building the CF1s.
10.00 **Kindig Customs**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Roux Down the River** From London.
7.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
11.00 **The Great British Bake Off** As 7.00pm.
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Down the River**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
7.00 **The Great British Bake Off** The challenge features a round inspired by the Roaring Twenties.
8.30 **Paul Hollywood: City Bakes** From Naples.
9.00 **Roux Down the River**
10.00 **Nigella Bites**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 14/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 11/23. (S4)
11.00 FILM **The Terrornauts** Drama with Simon Oates. (1967, U, 77min) ★
12.30 PM FILM **Coast of Skeletons** Action adventure sequel. (1964, U, 90min) ★★
2.20 FILM **Airport** Thriller starring Burt Lancaster. (1969, PG, 137min) ★★★
5.00 **Star Trek** 8/26. (S2)
6.00 **T.J. Hooker** 12/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Safe** Action thriller starring Jason Statham. (2012, 15, 90min) ★★★
10.55 FILM **Lionheart** Thriller. (1991, 108min) ★★
1.00 AM FILM **Red Rock West** Comedy thriller. (1992, 15, 98min) ★★★★
2.55 **to 4.45** AM FILM **Tales from the Lodge** Horror. (2019, 15, 93min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Day the Earth Stopped** (2008)
8.00 FILM **Mammoth** Thriller. (2006, 12, 90min) ★★★
10.00 **Farscape** 16/22. (S2)
11.00 FILM **Shark Lake** Thriller. (2015, 15, 89min) ★★
1.00 PM FILM **Riddles of the Sphinx** Action adventure. (2008, 12, 89min) ★★
3.00 **Farscape** 16/22. (S2)
4.00 **Star Trek** 16/26. (S2)
5.00 FILM **The Day the Earth Stopped** Thriller with C Thomas Howell. (2008, 15, 90min) ★★
7.00 **Farscape** 17/22. (S2)
8.00 **Star Trek** 17/26. (S2)
9.00 FILM **Pandorum** Sci-fi horror thriller starring Dennis Quaid. (2009, 15, 108min) ★★★
11.10 FILM **Mercy Black** Horror starring Austin Amelio. (2019, 15, 88min) ★★
1.00 **to 3.00** AM FILM **She Never Died** Thriller. (2019, 15, 89min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? With William Shatner**
12.10 PM **Weird Britain**
1.05 **Mega Disasters**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Strangest Things**
10.00 **What on Earth?**
11.00 **Mysteries from Above**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **UFO Hunters**
2.00 **Weird or What? With William Shatner**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Isle of Wight: Jewel of the South**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Walking Tudor Britain**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben meets author Mark Boyle in Co Galway, Ireland. **8.00** Ben visits Amanda Owen and her family in the Yorkshire Dales.
9.00 **Ken Dodd: 60 Years of Laughter** A celebration of the comedian's career.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** Iceland.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My Lottery Dream Home International**
2.00 **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **The Great Pottery Throw Down** The potters make as many goblets as they can in 15 minutes.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Flip or Flop** A modern home in Long Beach. **11.30** A trust sale home in Buena Park, California.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress with Tan France**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **1000-lb Sisters**
8.00 **My 600lb Life** A man needing to lose 900lbs to save his life. **10.00** A woman is on a weight-loss journey.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Louder: The Soundtrack of Change**
3.30 **My Lottery Dream Home** Property series.
4.00 **to 6.00** AM **My 600lb Life**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 4&5/22. (S3)
1.00 PM **Friends** (S9&10)
7.55 **Friends** 5/18. Rachel's clueless sister offers to babysit Emma. **8.30** 6/18. Guest stars Greg Kinnear. (S10)
9.00 **Michael McIntyre's Big Show** With Alfie Boe.
10.00 **Michael McIntyre: Hello Wembley!**
11.00 **Utopia** 5&6/8. (S1)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **8 Out of 10 Cats**
2.10 **South Park** 12/14. (S8)
2.40 **Fat Chat with Desiree Burch** With Jayde Adams.
2.50 **Key & Peele**
3.30 **Teachers** (S3)
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 2&3/24. (S3)
11.00 **Friends** (S6&7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 2&3/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing** 4/22. Kirstin compares Ryan to her boss. **8.30** 5/22. Vanessa takes responsibility. (S3)
9.00 **Out of Order: Best Bits**
10.00 **Friends** 3-6/24. (S9)
12.10 AM **Al Murray: One Man, One Guvnor Uncut**
2.00 **Alan Carr Live: Spexy Beast** Stand-up comedy.
3.00 **Romesh Ranganathan: Irrational Live**
4.00 **Dragony Aunts** (S1)
4.10 **Key & Peele**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **FBI** 15/15. (S3)
1.00 PM **DC's Legends of Tomorrow** 1/16. (S1)
2.00 **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **MacGyver** (S5)
9.00 **Send in the Dogs** Two spaniels are tested. **10.00** Officers tackle a man armed with a knife.
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
2.00 AM **A League of Their Own: European Road Trip** Series highlights.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **16 and Pregnant**
6.45 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: Firsts**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Repeat Offenders** Reality show.
2.00 **Catfish: The TV Show**
7.00 **Fresh Out Live** Music and pop culture news.
8.00 **Help! I'm in a Secret Relationship!** Jelena needs to know why Raeshib is hiding her.
9.00 **Skin A&E** Dr Emma McMullen deals with a liquid-filled neck cyst.
10.00 **True Life Crime** Police uncover a massive case of identity theft.
11.00 **Geordie Shore** Abbie finally decides it's time to tell Leah about Ricci's comment.
12.00 M'T **Behind the Music**
1.30 AM **Ink Master**
3.10 **to 4.00** AM **Ex on the Beach**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Gold Rush: Parker's Trail**
5.00 **Deadliest Catch** The captains race to deliver their final snow crab, Sig decides to deploy a risky tactic, and the *Wizard*'s 77-year-old hull cracks open.
6.00 **Wheeler Dealers** The boys fix up a BMW 335i estate.

9.00 Expedition Files

7.00 **Salvage Hunters** Drew Pritchard pushes his haggling skills to the limit as he bids for items at St Mary's School, Worcester.

8.00 **Gold Rush** Brennan confronts Kevin about equipment, and Tony berates Mike when a side dumper crashes in a ditch.

9.00 **Expedition Files** New edition DNA suggests the existence of a Yeti, and Max Headroom hijacks a live broadcast.

10.00 **Moonshiners** New edition Mike and Jerry initiate their revenge plan until a well-aimed shot turns the tables.

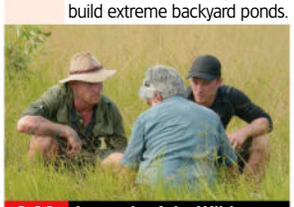
11.00 **Expedition Bigfoot** The team use new methods to find Bigfoot in Northern California's backcountry.
12.00 M'T **Mountain Monsters**
1.00 AM **Expedition Files**
2.00 **Moonshiners** As 10.00pm.
3.00 **Gold Rush** New edition
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **The Zoo** Double bill.
4.00 **My Cat from Hell** A woman finds an entire feral colony behind her parents' house.
5.00 **Animal Cops Philadelphia** Rachel Lee is determined to save an injured dog.
6.00 **Tanked** The duo compete to build extreme backyard ponds.



8.00 Legends of the Wild

7.00 **Pit Bulls & Parolees** Longtime parolee Sui faces a tough decision, and newlyweds seek a new family member.

8.00 **Legends of the Wild** Investigating the mysterious deaths of crocodiles in Australia's Northern Territory.

9.00 **Legends of the Wild** In the jungles of Luzon Province, locals believe a vampire-like evil spirit is picking off villagers.

10.00 **Alaska Monsters** The team investigate reports of a supposedly massive wolf, so Todd builds a giant cell to hold it.

11.00 **Meet the Orangutans**
12.00 M'T **Meet the Penguins**
1.00 AM **Alaska: Surviving the Last Frontier** The groups leave their cabins to hike out of the area and board a plane.
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Defending Europe**
11.00 **Ice Road Rescue**
12.00 NOON **Car S.O.S**
1.00 PM **Mutant Weather**
2.00 **Air Crash Investigation**
3.00 **Sea of Secrets: Drain the Oceans** The Black Sea.
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** The boys take on a rundown Renault Alpine GTA.
6.00 **Extreme China** One of the world's biggest sinkholes.

10.00 Drain Alcatraz

7.00 **Air Crash Investigation** The cockpit window of Sichuan Airlines 8633 explodes, but the crew manage to land safely.

8.00 **Air Crash Investigation** The case of Luxair Flight 50, which fell out of the sky just a few miles short of Luxembourg airport.

9.00 **Mystery of MH370: Drain the Oceans** The case of Malaysia Airlines Flight 370, which vanished in March 2014.

10.00 **Drain Alcatraz** Cutting-edge visuals drain the water around Alcatraz to reveal why the infamous prison was so inescapable.

11.00 **Air Crash Investigation**
12.00 M'T **Construction Fails**
1.00 AM **UFOs: Investigating the Unknown** The malfunction of US nuclear missiles.
2.00 **Made in a Day**
2.30 **Abandoned** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Trials of the Wild**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Claw Hunters**
7.45 **Flipping Bangers**
8.45 **Forged in Fire Tournament of Champions** Documentary.
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **Dictators' Hideouts**
4.00 **Digging for Britain**
5.00 **Pawn Stars** Documentary.
6.00 **American Pickers** Mike and Jersey Jon zero in on some big money picks.

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire Tournament of Champions** Contestants forge a Damascus blade and the Hooded Katar.

8.00 **River Hunters** Beau Ouimette and Rick Edwards follow in the bloody footsteps of the Vikings on the River Trent.

9.00 **Combat Ships** New edition How bad design, human error and the enemy sent great ships to tragic ends.

10.00 **Ancient Aliens: Origins** New edition The mysterious Antikythera Mechanism, the ancient Greek astronomical device.

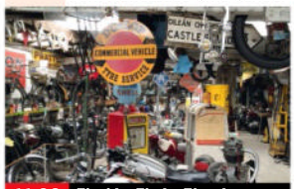
12.00 M'T **Paranormal: Caught on Camera** A father and son claim to have encountered Bigfoot in Washington.
1.00 AM **Flipping Bangers**
2.00 **Ancient Aliens**
3.00 **Ramses the Great: King of Ancient Egypt**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **WW2 – Frontlines**
10.00 **The Architecture the Railways Built** Double bill.
12.00 NOON **Mediterranean with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **WW2 – Frontlines** Exploring the battle of Monte Cassino.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Newcastle's Civic Centre.



11.00 Find It, Fix It, Flog It

7.00 **Speed with Guy Martin** For his second challenge, the racer attempts to set the world record for riding a motorcycle on water.

8.00 **Guy Martin's D-Day Landing** The presenter undertakes a challenge to restore a plane from World War Two, and recreate a parachute jump into Normandy, as thousands of Allied soldiers did during D-Day.

10.00 **Bangers & Cash** An Argentinian Army Mercedes G wagon arrives at the North Yorkshire car auction.

11.00 **Find It, Fix It, Flog It** Items include baby scales, an oil can and a glass cabinet.
12.00 M'T **Mediterranean with Simon Reeve** Simon travels through Libya, Tunisia and crosses the sea to Sicily.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Friday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
7.00 **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried** Henry and Sam think about bidding on a 1926 Ariel and a 1927 BSA. **8.30** Sam and Henry view a rare 1962 Greeves Sportsman.
9.00 **The Repair Shop** A well-loved cornet and a treasured toy monkey. **10.00** Items include a rosewood table and a toy steamboat.
11.00 **How Do They Do It?**
1.00 AM **Chasing Classic Cars**
2.00 **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **People Magazine Investigates** The case of Mike Williams.
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Death by Fame** New edition True-crime.
10.00 **Death by Fame**
11.00 **Murder on CCTV**
12.00 M'T **The Murder of Caroline Crouch: A Faking It Special**
1.00 AM **Boris Johnson: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Crimes That Shook Australia** The 2012 death of Gerard Baden-Clay's wife, Allison.
8.00 **Secrets of a Murder Detective** Police reveal how they solved the manslaughter of eight-year-old Ayesha Ali.
9.00 **Forensic Factor** The psychological and physical terrain of multiple murderers.
10.00 **Killer Kids** The horrific murder of Kenneth Zeller by five teens.
11.00 **Prosecuting Evil with Kelly Siegler**
12.00 M'T **Nightmare Next Door** True-crime.
1.00 AM **Forensic Factor**
2.00 **Killer Kids** As 10.00pm.
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
11.00 **Medical Detectives**
2.00 PM **48 Hours** Focusing on the 2018 murder of Kelsey Berreth. **3.00** The case of Kevin Cooper, who was accused of killing four people.
4.00 **Medical Detectives** A religious figure who took part in war crimes. **4.30** How cat hair helped police identify a killer. **5.00** CCTV footage of a murder proves too fuzzy to be of any use. **5.30** Investigating a mass food poisoning in Oregon in 1984. **6.00** A woman's call girl image is revealed when she goes missing. **6.30** A case in which a woman was shot dead.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **The Force: Manchester**
8.00 **Road Wars**
9.00 **Nothing to Declare**
10.00 **Send in the Dogs**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** Josef Fritzl.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers** Ian Stewart.
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** Stephen Unwin and William McFall.
9.00 **The Toolbox Killer**
10.45 **Catching the Killer**
11.50 **World's Most Evil Killers**
12.55 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Mafia's Greatest Hits**
9.35 **Thirties in Colour: Countdown to War**
10.35 **Trump's Comeback**
11.50 **The Fall and Rise of New York** Documentary.
1.00 PM **Mafia's Greatest Hits**
2.00 **Thirties in Colour: Countdown to War**
3.00 **Trump's Comeback**
4.10 **The Fall and Rise of New York** Delving into the history of the city.
5.20 **The US and the Holocaust** Documentary.
6.30 **Mafia's Greatest Hits**
7.35 **Thirties in Colour: Countdown to War**
8.35 NEW **Trump's Comeback** Examining Donald Trump's return.
9.45 **The Fall and Rise of New York** Documentary.
10.55 **Mafia's Greatest Hits**
12.00 M'T **Thirties in Colour: Countdown to War**
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Gaming Wall St**
7.00 **Discovering: Tom Hanks**
8.00 **The Directors**
9.00 **The 2010s**
10.00 **Say Hey, Willie Mays!**
12.00 NOON **The Scheme**
2.15 PM **Gabon: Earth's Last Chance**
4.00 **The Directors**
5.00 **Discovering: Tom Hanks**
6.00 **The 2010s**
7.00 **Dart Kings** 2/3. Charting the rise and fall of Jocky Wilson.
8.00 **David Frost Vs** 2/3. The journalist's famous interviews with Muhammad Ali.
9.00 FILM **When We Were Kings** Oscar-winning documentary about Muhammad Ali's legendary bout with defending heavyweight champion George Foreman in Zaire in 1974. (1996, PG, 87min) ★★★★★
10.45 **Hatton** A profile of Ricky Hatton.
12.45 AM **Music Box**
2.15 FILM **Undefeated** Documentary. (2011, 12, 113min) ★★★★★
4.30 **PL Legends: Paolo Di Canio**
5.00 **to 6.00** AM **Discovering: Tom Hanks**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Undiscovered Vistas**
9.00 **Patagonia**
10.00 **Guardians of the Wild**
11.00 **Super Shark Highway**
12.00 NOON **Mysteries of the Mekong** Documentary.
1.00 PM **Monkey Life**
2.00 **Undiscovered Vistas**
3.00 **Patagonia**
4.00 **Guardians of the Wild**
5.00 **Africa's Hidden Kingdoms**
6.00 **Mysteries of the Mekong**
7.00 **Monkey Life** Double bill.
8.00 **Planet Weird** Marauding locusts.
9.00 **Malawi Wildlife Rescue** Amanda goes to the rescue of an ensnared waterbuck.
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hidden Kingdoms**
12.00 M'T **Super Shark Highway**
1.00 AM **Wildlife Rescue New Zealand** Documentary.
2.00 **Planet Weird** As 8.00pm.
3.00 **Malawi Wildlife Rescue**
4.00 **Undiscovered Vistas**
5.00 **to 6.00** AM **Patagonia**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Invasion: The Normans**
2.00 **Weird Britain**
3.00 **Lost Relic Hunters**
4.00 **Battle 360**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFOs Declassified** Exploring reports of sinister flying objects that were allegedly seen above secret military bases during the Cold War.
8.00 **Weird or What? With William Shatner** A physicist predicts a cataclysm will destroy the world. **9.00** The tale of the Mothman.
10.00 **History's Greatest Mysteries** The pyramids of Egypt.
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **UFOs Declassified** As 7.00pm.
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Murder By Medic**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Witness to Murder: Digital Evidence**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Murder By Medic**
9.00 **My Strange Arrest** New editions Double bill.
10.00 **Phrogging: Hider in My House**
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **My Strange Arrest**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo: North Carolina**
9.00 **World's Deadliest**
10.00 **Alaska Fish Wars: Season on the Edge**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM NEW **Yukon Vet: Oakley Women Don't Horse Around** Compilation of highlights.
2.00 **Baby Animal Rescue**
3.00 **Chimp School**
4.00 **Secrets of the Zoo: Leading Ladies** Special edition focusing on female zookeepers.
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Focusing on the baby animals at the zoo including fluffy flamingo chicks.
8.00 **Savage Kingdom**
10.00 **Predator in Paradise**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Leading Ladies** As 4.00pm.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **America's Most Secret: Structures** As 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Expedition Bigfoot** After recording a possible Sasquatch disappearing across a river, the team revisit the site and encounter more than they bargained for.
8.00 **America's Most Secret: Structures** A glimpse behind the scenes of America's most classified sites and their activities.
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Equator: The Line of Life**
12.00 NOON **Life in the Great Wetlands** Five editions.
5.00 PM **The Bill** *Just Another Day:* PCs Melvin and Turnham attend to a noise complaint. **5.30** *Gone Fishing:* Carver goes to the hospital to check in on a victim of a hit-and-run. **6.00** *Early Bird:* Lines and Carver arrest a safe-breaker. **6.30** *Just for the Crack:* A large amount of motorcycles are stolen, including a police bike.
7.00 **Pointless** Double bill.
9.00 **The Brokenwood Mysteries** *Over Her Dead Body:* 2/4. The coffin of local poet Declan O'Grady falls from the hearse revealing that the corpse inside is not his but a young woman identifiable only by a notable scarlet tattoo. (S3)
11.00 **The Bill** Four episodes.
1.10 AM **Pointless** Double bill.
3.05 **The Brokenwood Mysteries**
4.40 **Equator: The Line of Life**
5.25 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Loves Company**
9.00 **Lone Star Justice**
11.00 **Murder in the Heartland**
1.00 PM **I'd Kill for You**
3.00 **Forbidden: Dying for Love**
5.00 **Murder Comes to Town**
7.00 **Murder Under the Friday Night Lights** Conspiracies rock a Texas town after a high-school football player vanishes. **8.00** In a struggling Pennsylvania town, the killing of an immigrant splits the community. When star football players emerge as suspects, locals engage in a cover-up.
9.00 **Fatal Affairs** When a woman meets a Marine, they fall in love and start a life together. This perfect façade hides a dirty double life of drugs and deceit.
10.00 **Married to Evil**
11.00 **Love Kills**
12.00 M'T **Evil Lives Here: Shadows of Death** Double bill.
2.00 AM **Murder Comes to Town**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Lucky!**
5.00 **Richard Hammond's Workshop** Motoring series.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Hyperspeed**
9.00 **Shed and Buried: Classic Cars** In Gloucestershire, Henry and Fuzz take on a Triumph Spitfire.
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 M'T **Hyperspeed**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.30 AM **Fox and Hare Save the Forest** Animation. (2024, U)
8.55 PREMIERE **Harold and the...**
10.30 **Rob Peace** As 5.10am.
12.35 PM **Fight or Flight** As 8pm.
2.25 **A Place Called Silence** Thriller. (2024, 15, 119min)
4.35 **Thelma** Action comedy. (2024, 12, 98min) ★★★★
6.20 PREMIERE **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★ *See review, page 24.*

6.20 Harold and the Purple...

8.00 Fight or Flight Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 MaXXXine Horror thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actress Maxine Minx is stalked by a mysterious killer. With Kevin Bacon and Elizabeth Debicki. (2024, 18, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Line** Drama starring Alex Wolff. (2023, 15, 100min)
1.20 AM **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2023, 12, 110min)
3.20 **MaXXXine** As 9.45pm.
5.10 **to 7.20** AM **Rob Peace** Drama directed by and starring Chiwetel Ejiofor. (2024, 15, 120min) ★★★

Sky Cinema Hits

303 403 503 517

6.15 AM **The Secret Kingdom**
7.55 **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
10.20 **Ride On** As 1.35am.
12.30 PM **Bob Marley: One Love** Biopic. (2023, 12) ★★★
2.30 **8 Mile** Urban drama. (2002, 15, 112min) ★★★
4.30 **Drive-Away Dolls** Comedy. (2023, 15, 84min) ★★★
6.10 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

6.10 The Hangover

8.00 The Hangover Part II Comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 The Hangover Part III Comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his mobster rival. With Justin Bartha, Ken Jeong. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
1.35 AM **Ride On** Action drama. (2023, PG, 126min) ★★★
3.55 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
5.45 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

7.20 AM **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
9.40 **Frost/Nixon** As 11.55pm.
12.00 NOON **The Great Escaper** Drama. (2023, 12) ★★★★
1.50 PM **Bridget Jones: The Edge of Reason** Comedy sequel. (2004, 15, 108min) ★★★
3.50 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
6.10 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
8.00 **Chicago** Oscar-winning musical, starring Renée Zellweger, Richard Gere and Catherine Zeta-Jones. (2002, 12, 112min) ★★★★
10.05 **Calvary** Darkly comic drama starring Brendan Gleeson, Chris O'Dowd and Kelly Reilly. (2014, 15, 99min) ★★★★
11.55 **Frost/Nixon** Director Ron Howard's drama with Michael Sheen and Frank Langella. (2008, 15, 122min) ★★★★
2.10 AM **Monsoon** Drama with Henry Golding and Parker Sawyers. (2019, 12, 85min) ★★★★
3.50 **Whiplash** Drama starring Miles Teller and JK Simmons. (2014, 15, 106min) ★★★★★
5.50 **to 7.45** AM **Aporia** Sci-fi drama. (2023, 15, 104min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.45 AM **I Saw the TV Glow** Horror thriller. (2024, 15, 100min) ★★★
8.35 **I.S.S** Sci-fi suspense drama. (2023, 15, 95min) ★★★
10.20 **Resident Evil: Afterlife** Sci-fi horror thriller sequel. (2010, 15, 96min) ★★★
12.05 PM **World War Z** Action thriller. (2013, 15, 116min) ★★★★
2.15 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
4.05 **Sinister** Horror thriller starring Ethan Hawke and Juliet Rylance. (2012, 15, 105min) ★★★
6.00 **Passengers** Sci-fi drama with Jennifer Lawrence and Chris Pratt. (2016, 12, 116min) ★★★
8.00 **Star Trek Beyond** Sci-fi adventure, starring Chris Pine, Zachary Quinto and Idris Elba. (2016, 12, 122min) ★★★★
10.15 **Annabelle** Horror spin-off from *The Conjuring*, starring Annabelle Wallis and Ward Horton. (2014, 15, 97min) ★★
12.05 AM **Resident Evil: Damnation** Animation. (2012, 15) ★★★
1.55 **I.S.S** As shown at 8.35am.
3.40 **Resident Evil: The Final Chapter** Action horror sequel. (2016, 15, 107min) ★★★
5.40 **to 7.30** AM **Resident Evil** Sci-fi thriller. (2002, 15, 100min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Kids Books

306 406 506 520

7.25 AM **The Rugrats Movie** Animation. (1998, U) ★★★
8.55 **Matilda** Fantasy drama. (1996, PG, 98min) ★★★★
10.50 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
1.00 PM **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure. (2001, PG, 178min) ★★★★★
4.00 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★

10.20 Bicentennial Man

7.00 **The Lord of the Rings: The Return of the King** Epic fantasy adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga. Frodo Baggins nears the end of his perilous quest to destroy the magic ring of power. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2003, 12, 201min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Bicentennial Man** Romantic sci-fi melodrama starring Robin Williams as a robot who yearns to become human. With Sam Neill. (1999, PG, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Curious George** Animated family adventure. (2006, U, 87min) ★★★★
2.15 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
3.55 **to 6.10** AM **Bicentennial Man**

Sky Cinema Martial Arts

307 407 507 521

6.55 AM **Game of Death** Adventure. (1978, 18) ★★★
8.35 **Game of Death II** Adventure. sequel (1980, 18, 96min) ★★★
10.15 **The Young Master** As 1.40am.
12.05 PM **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
1.50 **The Next Karate Kid** Adventure. (1994, PG) ★★
3.40 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
6.00 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★

8.00 Enter the Dragon

8.00 **Enter the Dragon** Action thriller starring Bruce Lee as an undercover agent who infiltrates a martial arts competition on an island fortress. With John Saxon and Ahna Capri. (1973, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Way of the Dragon** Martial arts adventure starring Bruce Lee. A man comes to the aid of restaurant owners in Rome who are being preyed upon by gangsters. (1972, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Hanna** Action thriller. (2011, 12, 106min) ★★★★
1.40 AM **The Young Master** Action comedy. (1980, 15) ★★★★
3.30 **Magnificent Warriors** Adventure. (1987, 18) ★★★
5.10 **to 7.20** AM **The Canton Godfather** Action comedy. (1989, PG, 122min) ★★★

Sky Cinema Comedy

308 408 508 522

6.55 AM **Movie 43** As 12.20am.
8.40 **Friends with Benefits** Comedy. (2011, 15, 105min) ★★★
10.35 **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
12.20 PM **My Big Fat Greek Wedding 3** (2023, 12) ★★
2.00 **The Boat That Rocked** Comedy. (2009, 15) ★★★★
4.20 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
6.00 **Being John Malkovich** Surreal comedy. (1999, 15) ★★★★★

10.00 Downsizing

8.00 **Scott Pilgrim vs. the World** Comic-book comedy starring Michael Cera and Mary Elizabeth Winstead. A geeky young musician must defeat his cool new girlfriend's seven evil exes before he can win her heart. (2010, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

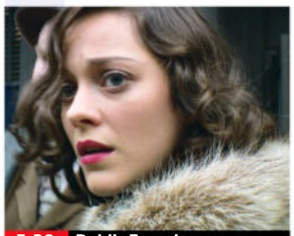
10.00 **Downsizing** Sci-fi comedy starring Matt Damon and Christoph Waltz. A man realises he would have a better life if he were to shrink himself to five inches tall. (2017, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Movie 43** Raunchy comedy sketch compendium. (2013, 15, 90min) ★
2.05 **Snack Shack** Comedy. (2023, 15, 107min) ★★★
4.05 **Seriously Red** Comedy. (2022, 15, 104min) ★★★
5.50 **to 8.10** AM **The Boat That Rocked** As shown at 2.00pm.

Sky Cinema Thriller

309 409 509 523

7.15 AM **Detroit** As 10.25pm.
9.50 **He Went That Way** (2023)
11.35 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★
1.15 PM **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
3.15 **Murder by Numbers** Thriller starring Sandra Bullock. (2002, 15, 120min) ★★★
5.30 **Public Enemies** Gangster biopic starring Johnny Depp. (2009, 15, 140min) ★★★★



5.30 Public Enemies

8.00 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

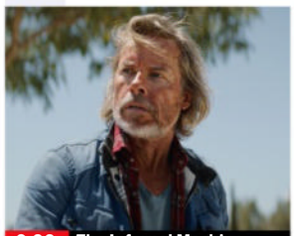
10.25 **Detroit** Fact-based drama set during the 1967 Detroit riots, starring John Boyega. Racist police officers respond to a complaint with retribution rather than justice in mind. (2017, 15, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Saint** Big-screen version of the cult TV series. (1997, 12, 116min) ★★★
3.10 **He Went That Way** Crime drama starring Zachary Quinto. (2023, 15, 96min) ★★★
4.55 **to 6.40** AM **Parallel** Fantasy. (2024, 15, 88min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Destroyer** War drama. (1943, b/w, U, 99min) ★★
1.05 PM **Mandy** Ealing drama. (1952, b/w, U, 93min) ★★★
2.55 **Anne of the Indies** Swashbuckling adventure. (1951, U, 81min) ★★★
4.35 **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
6.45 **I, Robot** Sci-fi thriller. (2004, 12, 115min) ★★★★



9.00 The Infernal Machine

I, Robot (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Infernal Machine** Thriller starring Guy Pearce, Alice Eve and Alex Pettyfer. The author of a controversial novel suspects one of his fans may be stalking him. (2022, 15, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Event Horizon** Sci-fi horror thriller starring Laurence Fishburne and Sam Neill. The crew of a recovery vessel encounter an evil presence on board a deserted spacecraft. (1997, 18, 96min) ★★★
1.05 **to 3.50** AM **After Blue** French sci-fi fantasy starring Paula-Luna. Subtitled. (2021, 18, 127min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Ultimate Action

302 402 502 516

6.20 AM **Jackie Chan's Police Story**
8.05 **Retribution** As 4.30am.
9.40 **Haywire** Action thriller. (2012, 15, 88min) ★★★★
11.15 **Fury** World War Two drama. (2014, 15, 134min) ★★★
1.30 PM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★
3.30 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★

5.25 **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. (2023, 12, 163min) ★★★★
8.10 **Fast X** Action thriller sequel with Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. (2023, 12, 141min) ★★★★
10.35 **Days of Thunder** High-speed drama starring Tom Cruise as a maverick stock-car racing driver. (1990, 15, 107min) ★★★

12.30 AM **Fury** As shown at 11.15am.
2.45 **Jackie Chan's Police Story** Martial arts comedy thriller starring and directed by Jackie Chan. (1985, 15, 98min) ★★★★
4.30 **to 6.05** AM **Retribution** Action thriller starring Liam Neeson. (2023, 12, 91min) ★★

Sky Cinema Women in Film

304 404 504 518

6.20 AM **Angus, Thongs and Perfect Snogging** As 3.15am.
8.05 **Miss Potter** As 1.25am.
9.40 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
11.45 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
1.45 PM **Mean Girls** Musical remake. (2023, 12, 112min) ★★★
3.40 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

5.35 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
8.00 **Lee** Biopic of World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet and Andy Samberg. (2023, 15, 117min) ★★★
10.05 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
11.55 **My First Summer** Drama. (2020, 15, 80min) ★★★

1.25 AM **Miss Potter** Biopic. (2006, PG, 93min) ★★★
3.15 **Angus, Thongs and Perfect Snogging** Teen comedy. (2008, 12, 100min) ★★★★
5.00 **Sky Cinema Preview**
5.45 **to 7.25** AM **Adult Life Skills** Comedy. (2016, 15, 114min) ★★★

Sky Cinema Animation

305 412 500 514

6.00 AM **Tom and Jerry Cowboy Up!**
7.25 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
9.20 **Madagascar: Escape 2 Africa**
11.00 **Pil's Adventures** As 10.40pm.
12.35 PM **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
2.20 **The Amazing Maurice** Animation. (2022, PG) ★★★★
4.00 **Madagascar** Animated family comedy. (2005, U, 86min) ★★★

5.35 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.15 **The Prince of Egypt** Animation featuring the voice of Val Kilmer. (1998, U, 99min) ★★★★
9.00 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
10.40 **Pil's Adventures** Animated adventure (2021, U, 89min) ★★
12.10 AM **The Swan Princess: The Secret of the Castle** Romantic animated adventure sequel. (1997, U, 89min) ★★

1.30 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
2.50 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
4.25 **to 6.00** AM **Tad the Lost Explorer and the Secret of King Midas** Animated adventure. (2017, U, 85min) ★★★

Movies 24

312 419

7.00 AM **Betty's Bad Luck in Love** Comedy. (2024, PG, 84min) ★★
9.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
11.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
1.00 PM **Pumpkin Everything** Romantic comedy drama. (2022, PG, 84min) ★★
3.00 **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★

5.00 **The Journey Ahead** Comedy. (2022, PG, 102min) ★★
7.00 **Unthinkably Good Things** Drama starring Karen Pittman. Three old friends reunite in Tuscany, and take the chance to reexamine the state of their lives and relationships. (2022, PG, 84min) ★★
9.00 **A Costa Rican Wedding** Romantic comedy with Rhiannon Fish. (2024, PG, 84min) ★★
11.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★

1.00 AM **Love in Whitbrooke** Romance starring Brittany Bristow. (2021, PG, 88min) ★★
3.00 **to 5.00** AM **The Best Version of Love** Romantic comedy. (2023, PG, 86min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Vengeance is Mine** Drama. (1949, b/w, PG, 63min) ★★★
7.15 **Tell Me Another** 3/9. (S2)
7.45 **Waterfront** Drama with Robert Newton. (1950, b/w, PG) ★★★
9.25 **Thunder Rock** Fantasy drama. (1942, b/w, PG, 112min) ★★★
11.30 **Love is a Ball** Romantic comedy. (1963, PG, 113min) ★★
1.45 PM **Dangerous Voyage** Thriller. (1953, b/w, U, 70min) ★★★

3.15 **The End of the Line** Drama. (1957, b/w, PG, 80min) ★★
4.35 **Treasure Island** Robert Louis Stevenson's classic adventure. (1971, U, 95min) ★★★
6.25 **The Day Will Dawn** Wartime spy thriller with Hugh Williams. (1942, b/w, U, 98min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 11/13. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Devil's Hand** Horror thriller. (1962, b/w, 12, 71min) ★

11.40 **Cellar Club with Caroline Munro**
11.45 **The Moderns** Romantic drama. (1988, 15, 121min) ★★★★
2.20 AM **Beat Girl** (1959, b/w, 12) ★
4.05 **Alibi Breaker** Crime drama. (1937, b/w, PG, 63min) ★★★
5.25 **Cinebox Memories**
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM LIVE **LPGA Tour Golf** Coverage of the second day of the Blue Bay LPGA from Jian Lake Blue Bay Golf Course in China.
9.00 LIVE **NRL Dolphins v South Sydney Rabbitohs.** Coverage of the match from the first round of fixtures at Suncorp Stadium in Brisbane. Kick-off **9.05am**.
11.00 LIVE **DP World Tour Golf** Coverage of the second day's play of the Joburg Open staged at Houghton Golf Club in Johannesburg, South Africa.
12.30 PM LIVE **PGA Tour Golf** Coverage of the early stages on day two of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
6.00 **The F1 Show: Season Preview**
7.00 LIVE **Fight Night Natasha Jonas v Lauren Price.** Coverage of the bout for the WBC, IBF, and IBO world welterweight titles at Royal Albert Hall in London.
11.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of the third day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in Indian Wells, California.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **Total Football**
5.00 PM **Best PL Goals: Arsenal**
6.00 **PL 100: Petr Cech** A look back at the career of the former Chelsea and Arsenal goalkeeper.
6.30 **PL 100: Paul Scholes** An interview with ex-Manchester United midfielder Paul Scholes.
7.00 **Premier League Preview**
7.30 **The Big Interview** An interview with a Premier League player from the past or present.
8.00 **Fantasy Show** Insight and tips ahead of the weekend's fixtures.
8.30 **Gary Neville's Soccerbox** The presenter talks to Robbie Fowler.
9.00 **Premier League Preview**
9.30 **The Big Interview**
10.00 **Premier League Icons** A profile of striker Luis Suarez. **10.30** Ruud Van Nistelrooy.
11.00 **Premier League Years**
1.00 AM **PL Retro** Arsenal v Tottenham Hotspur from 2008.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Rivalries** Second City Derby.
8.30 **Jimmy Glass: The Great Escape**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
11.00 **There's Only One Sauzee**
11.30 **Dundee United: Champions 83**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL Highlights** Championship.
2.00 **Scottish Premiership Round-Up**
2.15 **SPFL Highlights**
2.45 **EFL Highlights**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.00 **Scottish Premiership Round-Up**
4.15 **SPFL Highlights**
4.45 **EFL Highlights** Championship.
5.00 **WSL** Chelsea v Leicester City.
5.30 **Scottish Premiership Round-Up**
5.45 **SPFL Highlights**
6.15 **Bundesliga Weekly**
6.45 **EFL Highlights** Championship.
7.30 LIVE **EFL Norwich City v Oxford United.** Coverage from Carrow Road. Kick-off **8.00pm**.
10.30 **Celtic's Invincibles**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2016/17 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **WPL** Recent action.
7.00 **ICC Champions Trophy Cricket**
9.00 **WPL** Highlights from UP Warriorz v Mumbai Indians in Lucknow.
10.00 **ICC Champions Trophy Cricket**
12.00 NOON **WPL** Recent action.
1.50 PM LIVE **WPL Gujarat Giants v Delhi Capitals.** Coverage of the Women's Premier League match at Brabourne Stadium in Mumbai.
5.30 **Best of ICC WT20**
6.00 **ICC Champions Trophy Cricket**
8.00 **WPL** Highlights from Gujarat Giants v Delhi Capitals.
9.00 **ICC Champions Trophy Cricket** Action from the second semi-final at Gaddafi Stadium in Lahore.
10.00 **IPL** Highlights of the 2024 final between Kolkata Knight Riders and Sunrisers Hyderabad at MA Chidambaram Stadium, Chennai.
11.00 **WPL** Highlights from Gujarat Giants v Delhi Capitals in Mumbai.
12.00 M'T **ICC Champions Trophy Cricket** Recent action.
1.00 AM **WPL** Another chance to see Gujarat Giants v Delhi Capitals at Brabourne Stadium in Mumbai.
4.40 **Ashes Greats** Adam Gilchrist. **4.50** Shane Warne in 2001.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **LPGA Tour Golf** Coverage of the second day of the Blue Bay LPGA from Jian Lake Blue Bay Golf Course in China.
9.00 LIVE **Golf** Coverage of day two of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club in Vietnam.
10.00 **The Players Championship**
10.30 **Golf's Greatest Holes**
11.00 LIVE **DP World Tour Golf** Coverage of day two of the Joburg Open from Houghton Golf Club in Johannesburg, South Africa.
4.00 PM LIVE **PGA Tour Golf** Coverage of the second day's play of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
11.00 **Mr Palmer's Legacy**
11.45 **Masterpiece Theatre**
12.00 M'T LIVE **Ladies European Tour Golf** Day three of the Australian WPGA Championship at Sanctuary Cove Golf and Country Club in Queensland.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Bitesize Tennis**
6.30 **ATP Tennis** Santiago Open final.
7.30 **Bitesize Tennis**
7.45 **Frances Tiafoe Podcast 2024**
8.00 **WTA & ATP Tennis**
12.00 NOON **ATP Tennis**
2.00 PM **WTA Tennis** Texas Open final.
3.00 **WTA & ATP Tennis**
7.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of the third day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in Indian Wells, California.

TNT Sports 1

410 870 521 408 430

6.30 AM **NBA Action** Highlights.
7.00 **Serie A – Full Impact**
7.30 **Biathlon World Cup**
8.30 **Ski Jumping** From Norway.
9.30 LIVE **Alpine Skiing** Coverage of the men's Super-G from Kvitfjell.
11.00 LIVE **A-League Women Perth Glory v Western United.** Coverage from Sam Kerr Football Centre in Perth. Kick-off **11.00am**.
1.00 PM **UEFA Europa League**
3.00 **What I Wore** Michel Selgado.
3.15 LIVE **Ski Jumping** Coverage of the women's HS138 in Norway.
5.15 LIVE **Biathlon** Coverage of the women's 7.5km sprint event from Nove Mesto, Czech Republic.
6.45 **MotoGP Rewind**
7.00 LIVE **Premiership Rugby Cup** Coverage of a key match.
10.30 **Premier League Preview**
11.00 **The Fantasy Show**
11.30 **AFL** Recent action.
1.30 AM **Premier League Preview**
2.00 **The Fantasy Show**
2.30 **Premier League: Big Interview**
3.00 **UEFA Champions League**
3.30 **Premier League Preview**
4.00 **UFC Countdown**
5.00 **to 6.00** AM **UEFA Europa League & Conference League**

TNT Sports 2

411 871 522 409 431

6.00 AM LIVE **Snooker World Grand Prix** Coverage from the first session of the quarter-finals.
8.00 **TNT Sports Cycling Show**
8.30 **Fight Night Live**
10.30 **Premier League Stories**
11.00 **Discovery Golf**
11.30 LIVE **Snooker World Grand Prix** The second session of the quarter-finals from Hong Kong.
2.30 **Premier League: Big Interview**
3.00 **A-League Women Highlights**
3.30 **Serie A – Full Impact**
4.00 **Discovery Golf**
4.30 **UEFA Conference League**
5.00 **The Fantasy Show**
5.30 **Sign Up – Into Football**
6.15 **UEFA Champions League**
6.30 **Premier League Preview**
7.00 **UEFA Europa League & Conference League Highlights**
8.00 **Snooker World Grand Prix**
10.00 **UFC Connected**
10.30 **Fight Week** Preview of UFC 313.
11.00 **UFC Countdown**
12.00 M'T **NBA** Two match replays.
3.00 AM **Snooker World Grand Prix**
5.00 **to 6.00** AM LIVE **Snooker World Grand Prix** Coverage from the first session of the semi-finals at Kai Tak Sports Park.

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Blues v Brumbies.** Coverage from Eden Park, Auckland. Kick-off **6.05am**.
8.30 **Super League Highlights**
9.00 LIVE **NRL Dolphins v South Sydney Rabbitohs.** Coverage of the match from the first round of fixtures at Suncorp Stadium in Brisbane. Kick-off **9.05am**.
11.00 **Fight Night International**
12.00 NOON **Super League Highlights**
1.00 PM **The Rugby Championship**
3.00 **Fight Night International**
4.00 **Super League Highlights**
4.45 **The Gloves Are Off**
5.15 **Behind the Ropes**
6.15 **Game On** Documentary.
7.30 LIVE **Super League St Helens v Hull Kingston Rovers.** Coverage of the match from the fourth round of fixtures at Totally Wicked Stadium. Kick-off **8.00pm**.
11.00 **Fight Night** A bout replay.
12.00 M'T **Super League Highlights**
1.00 AM **Top Rank Boxing Archive**
2.15 **Super League Highlights**
3.30 LIVE **Super Rugby Fijian Drua v Chiefs.** Coverage of the match in the fourth round of fixtures at Churchill Park. Kick-off **3.35am**.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 LIVE **Golf** Coverage of day two of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club in Vietnam.
10.00 **Total Football**
12.30 PM LIVE **PGA Tour Golf** Coverage of the early stages on day two of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
7.00 LIVE **Fight Night Natasha Jonas v Lauren Price.** Coverage of the bout for the WBC, IBF, and IBO world welterweight titles at Royal Albert Hall in London. After making her professional debut in 2017, Jonas won her first world title at the third attempt, beating Chris Namus in 2022. As a now two-weight, unified champion she faces one of her toughest tests.
11.00 LIVE **WTA & ATP Tennis** Coverage of day three of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in Indian Wells, California.
4.00 **to 7.00** AM LIVE **Golf** Coverage of the third day of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club.

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League**
9.00 **Premier League Darts**
1.00 PM **WPL** Recent action.
2.00 **ICC Champions Trophy Cricket**
3.00 **Behind the Ropes**
3.30 **Fight Night** Jonas v Habazin.
4.30 **Girlz Are Playaz Too**
5.00 **Fight Night** Two bout replays.
7.00 **Super League Highlights**
7.15 **Bundesliga Legends**
7.20 LIVE **Bundesliga Borussia Moenchengladbach v FSV Mainz 05.** Coverage from Borussia Park. Kick-off **7.30pm**.
9.30 **Super League Highlights**
10.00 **WPL** Recent action.
11.00 **One Championship Weekly**
11.30 **Super League Highlights**
12.00 M'T **Fight Night**
1.00 **to 6.00** AM LIVE **MMA: One Championship** ONE Fight Night 29 staged at Lumpinee Boxing Stadium in Bangkok, Thailand.

TNT Sports 3

413 874 523 410 432

6.00 AM **UEFA Conference League**
6.30 **UEFA Europa League**
8.30 LIVE **AFL Sydney Swans v Hawthorn Hawks.**
11.30 **Serie A – Full Impact**
12.00 NOON **UEFA Europa League & Conference League Highlights**
1.00 PM **MotoGP Highlights**
2.00 **NBA** Two match replays.
5.00 **NBA on Fire** The latest news.
5.30 **NBA Action** Highlights.
6.00 **Women's One-Day International Cricket**
7.00 **AFL** Recent action.
9.00 **UEFA Champions League**
9.30 **Isuzu UTE A-League**
10.30 **UEFA Europa League & Conference League Highlights**
11.30 **UEFA Champions League**
12.30 AM **Fight Week**
1.00 **UFC Countdown**
2.00 **UFC Connected**
2.30 **MotoGP Highlights**
3.30 **Men's Cycling Pro Series**
4.30 **to 5.30** AM **A-League**

TNT Sports 4

414 876 524 411 434

6.30 AM **Discovery Golf**
7.00 **Marathons** Tokyo Marathon.
8.00 **Isuzu A-League Highlights**
8.30 LIVE **Isuzu UTE A-League Melbourne City v Macarthur FC.**
10.30 **MotoGP Rewind**
10.45 **Ski Mountaineering**
11.15 LIVE **Ski Jumping** From Norway.
12.15 PM **TNT Sports Reload**
12.30 **WRC: More Than Machine**
1.00 LIVE **Cross Country Skiing** Coverage from Trondheim, Norway.
2.45 **Ski Mountaineering**
3.15 LIVE **Ski Jumping** From Norway.
5.15 LIVE **Biathlon** In Nove Mesto.
6.45 **Alpine Skiing** In Kranjska Gora.
7.45 **TNT Sports Cricket Reload**
8.00 **Fight Night Live**
10.00 **Ski Jumping** From Trondheim.
10.30 **Biathlon** From Nove Mesto.
11.00 **Alpine Skiing** From Slovenia.
12.00 M'T **Premiership Rugby Cup**
1.00 AM **Women's ODI Cricket**
2.00 **Winter Sports** Recent action.
3.00 **to 6.00** AM **NBA**

Premier Sports 1

419 551

6.00 AM **European Le Mans MotorSport** The 2024 season.
7.00 **World Surf League**
8.00 **URC in 60** Highlights.
9.00 **LaLiga Specials** The best goals.
10.00 **MotorSport** Recent action.
11.00 **Transworld Sport** Magazine.
12.00 NOON **Asian Le Mans Series**
1.00 PM **LaLiga Highlights**
2.00 **LaLiga News** The latest news.
2.30 **Sporting Greats**
3.00 **URC in 60** Highlights.
4.00 **Downhill Skateboarding**
5.00 **World Surf League**
6.00 **Viva LaLiga** The latest news.
7.30 LIVE **LaLiga** A top-flight match.
11.00 **Transworld Sport** Magazine.
12.00 M'T **World Surf League**
1.00 AM **Michelin Le Mans Cup**
1.30 **NHL: This is Hockey**
2.00 **NHL Tonight** Highlights.
3.00 **to 6.00** AM LIVE **NHL Ice Hockey Vegas Golden Knights v Pittsburgh Penguins.** From T-Mobile Arena. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** Leinster v Cardiff.
8.00 **LaLiga** Girona v Celta Vigo.
10.00 **NHL Ice Hockey**
12.00 NOON **Bike World** Magazine.
12.30 PM **Temples of Sport**
1.00 **LaLiga** Barcelona v Real Sociedad.
3.00 **United Rugby Championship**
5.00 **Temples of Sport**
6.00 **United Rugby Championship** A replay of Connacht v Benetton.
8.00 **Bike World** Magazine.
8.30 **LaLiga Specials** A look back at the best saves from 2024.
9.00 **NHL Ice Hockey** Philadelphia Flyers v Winnipeg Jets.
11.00 **NHL: This is Hockey**
12.00 M'T LIVE **NHL Ice Hockey Washington Capitals v Detroit Red Wings.** The Eastern Conference match from Capital One Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** From Australia.
7.00 **F1 Show 2024 Season Review**
8.30 **Indycar** From Florida.
9.30 **Formula 1** Australian Grand Prix.
11.35 **Seaplanes & Helicopters**
12.00 **F1 Show 2024 Season Review**
1.30 PM **Testing Wrap**
2.00 **Ted's Notebook**
3.00 **F1 Show 2024 Season Review**
4.30 **Testing Wrap** From Bahrain.
5.00 **The Rookies** Documentary.
6.00 **The F1 Show: Season Preview**
7.00 **The Seat** Documentary.
8.00 **The F1 Show: Season Preview**
9.00 **Testing Wrap** The third day.
9.30 **Ted's Notebook**
10.30 **The F1 Show: Season Preview**
11.30 **Indycar** From Florida.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Home of F1**

EUROSPORT 1 AND EUROSPORT 2 HAVE NOW CEASED TO BROADCAST

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NETFLIX Plankton: The Movie

Available from Friday, Netflix

Fans of *SpongeBob SquarePants* will love this animated spin-off, which focuses on the sea sponge's tiniest frenemy, Sheldon J. Plankton – better known, simply, as Plankton.

Plankton has always dreamed of taking over the world. However, his world is flipped upside down when his wife, supercomputer Karen, decides to destroy the world without him.

Can the tiny Plankton turn anti-hero to thwart Karen's plans for world domination? We do know we're going to have lots of fun watching him try!

Sky Kids The Wiggles: Wiggle and Learn

Available from Monday, Sky Kids

Musical group The Wiggles are here to help you 'wiggle and learn' in this new series for preschoolers. With colourful performances and interactive content, the Wiggles guide us through some life lessons, including how to plan a peaceful bedtime routine, celebrating our memories and learning about emotions. The perfect show to share with your little ones.

More great shows to watch this week...

500 Words with The One Show

Thu, 7pm, BBC1 & BBC iPlayer

As Thursday 6 March is World Book Day, it's the perfect day to celebrate the final of the competition, which takes place at Buckingham Palace.

Wallace & Gromit: Vengeance Most Fowl

Available now, BBC iPlayer

A rewatch of the duo's latest film could bring the pair luck as they wait to see if their creator, Nick Park, will win his fourth Oscar on Sunday.

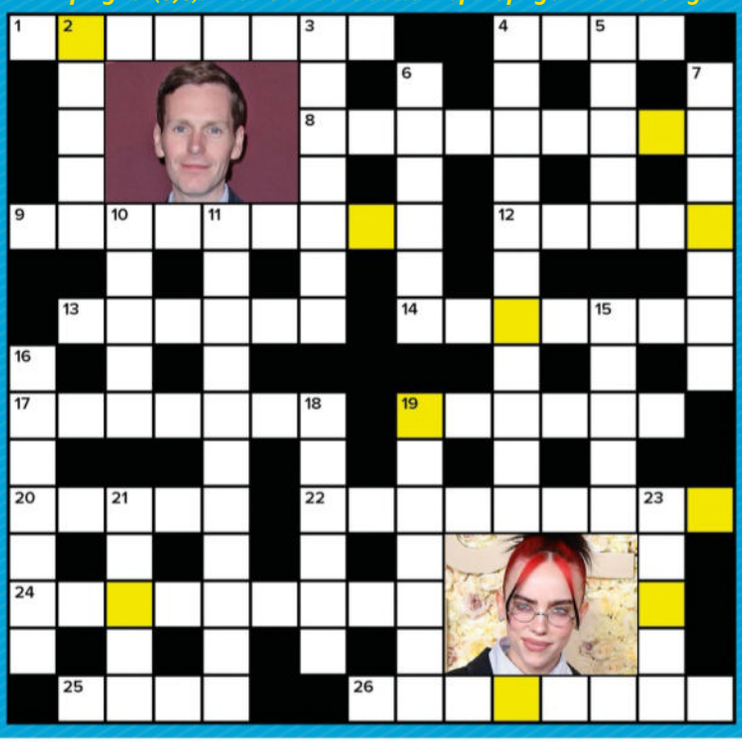
Harold and the Purple Crayon

From Fri, Sky Premiere

A storybook character (*Shazam!*'s Zachary Levi) with a magic crayon draws himself off the page and into the real world.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a British boxer and campaigner (5,5). Answers at the bottom of the page – no cheating!



ACROSS

1 2005 Tilda Swinton film, *The Chronicles of Narnia: The Lion, the Witch and the* -------- (8)
4 Postman Pat's pet black-and-white cat (4)
8 Survival TV series, *Ray Mears'* --------- (9)
9 --------- *and Treacle*, TV play first shown in 1976 (9)
12 1982 comedy drama film written and directed by Barry Levinson (5)
13 Star of 1943's classic film *Casablanca*, ------ Rains (6)
14 Dame ------- Lipman, AKA Corrie's Evelyn Plummer (7)
17 C4 building TV show with Kevin McCloud, *Grand* ------- (7)
19 See picture clue: ------ Eilish, singer of 2020 hit *No Time to Die* (6)
20 1992 drama film with River Phoenix, *My Own Private* ----- (5)
22 *The Apprentice* boss (4,5)
24 Paddy McGuinness' ITV dating show (4,2,3)
25 Actor in 1970 film *Bob & Carol & Ted & Alice*, ---- Cannon (4)
26 Starred as Ned Stark in TV drama *Game of Thrones* (4,4)

DOWN

2 Irene -----, character in the *Sherlock Holmes* stories (5)
3 Bing Crosby's partner in the *Road to...* films (3,4)
4 British actor in several *Carry On* films (4,7)
5 See picture clue: ----- Evans, *Endeavour* star (5)
6 Self ------, stage name of Rebecca Lucy Taylor (6)
7 Lead singer of British punk-rock band X-Ray Spex, Poly ------- (7)
10 *Rizzoli &* -----, US crime-drama series featuring Angie Harmon (5)
11 Lawyer character in *Breaking Bad* played by Bob Odenkirk (4,7)
15 J.R. -----, Larry Hagman's role in Texas-based soap *Dallas* (5)
16 Classic BBC1 game show hosted by Noel Edmonds, *Telly* ------- (7)
18 ------ Stone, star of 1992 thriller *Basic Instinct* (6)
19 ------- Boys, former US rap band (7)
21 Music-hall star and film actor, Arthur ----- (5)
23 Title of the 2020 finale of *Hawaii Five-0* (5)

WORDS: LYNETTE BRIGHTON. PHOTOS: SHUTTERSTOCK, NETFLIX, SKY.

CROSSWORD SOLUTION

ANSWER: Frank Bruno **ACROSS:** 1 Wardrobe 4 Jess 8 Buscraft 9 Brimstone 12 Diner 13 Claude 14 Maureen 17 Designs 19 Billie 20 Idaho 22 Alan Sugar 24 Take Me Out 25 Dyan 26 Sean Bean **DOWN:** 2 Adler 3 Bob Hope 4 Jack Douglas 5 Shaun 6 Esteem 7 Styrene 10 Isles 11 Saul Goodman 15 Ewing 16 Addicts 18 Sharon 19 Beastie 21 Askey 23 Aloha

Coming soon

Freddie Highmore and Keeley Hawes as Edward and Julie

FIRST LOOK

The Assassin

Freddie Highmore and Keeley Hawes star in a fraught thriller

Here's an enticing look at Prime Video's upcoming drama *The Assassin*, following an estranged mother and son who must team up on a dangerous mission.

The six-part drama, penned by *The Missing* and *The Tourist* creators Harry and Jack Williams, begins on a stunning but remote Greek island, where enigmatic former hired killer Julie, played by Keeley Hawes, is spending her retirement. Trouble brews, however, when she receives a visit from her son Edward, played by Freddie Highmore, who is over from England and is desperate for answers about his paternity.

But after Julie's deadly past suddenly returns to haunt her, the pair have to escape the island and go on the run together across the globe, as they battle to survive in the face of a chilling conspiracy.

DANGEROUS LIAISONS

Gina Gershon, Shalom Brune-Franklin, Jack Davenport, Alan Dale, Gerald Kyd, Devon Terrell, Richard Dormer and David Dencik co-star.

'I feel so lucky to have spent the summer in Athens with the wonderful Freddie Highmore,' says Hawes. 'Bringing Jack and Harry's spectacular scripts to life was an absolute joy – going to work has never been so much fun.'

'It doesn't get better than a Greek adventure alongside the lovely and incomparable Keeley Hawes!' adds Highmore. 'I feel very lucky that Harry and Jack entrusted us with their characteristically thrilling writing.'

WHAT'S NEXT FOR...

David Harewood

C4's drama **Pierre** will see the actor play the titular London-based duty solicitor who investigates when his client, a young Black man, dies in suspicious circumstances, but a dark web of corruption soon unravels.

Graham Norton

In ITV1's reality game show **The Neighbourhood**, the presenter will oversee proceedings as a range of households move in next door to each other and take part in a series of challenges to win a cash prize.

Daisy Haggard

The actor will write and star in C4's six-part thriller **Maya**, about a mother and her teenage daughter who enter witness protection in a rural town, but the past still proves a danger as hitmen are on their trail.

Coming Back

Simon Pegg will return as GCHQ supremo Danny Patrick in a second run of C4 thriller **The Undeclared War**, where the intelligence agency deals with a terrifying new threat. Siân Brooke joins as Danny's analyst wife, Barbara.

Next week On sale Tuesday 4 March

Adolescence

Stephen Graham stars in Netflix's drama about a father whose son is accused of murder.

The Wheel of Time

As Prime Video's fantasy returns, Moiraine Damodred (Rosamund Pike) tackles fresh challenges.

Belgravia: The Next Chapter

Secrets and lies await in ITV3 and ITVX's period-drama sequel.

Ten Pound Poms

The British expats face more struggles in Australia as BBC1's 1950s-set drama returns.

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